



United States Department of Agriculture

What's? Cooking

USDA MIXING BOWL

Cookbook

BFSF CNP Ideas part 2

By Toupin 2-16

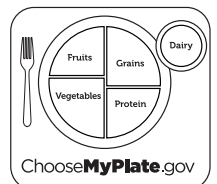


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15-Minute Enchiladas

Makes: 8 Servings

This is quick to make. When you need a main dish right away, try this enchilada recipe.

Ingredients

- nonstick cooking spray
- 3 cups** chili without beans (1 can, about 24 ounces)
- 1 1/2 cups** canned refried beans, low-sodium, non-fat
- 2 cups** low-fat Cheddar or Monterey jack cheese (shredded)
- 8** flour tortillas, large size

Directions

1. Preheat oven to 350 degrees F.
2. Cover a cookie sheet with foil and spray with nonstick cooking spray.
3. In a medium-size saucepan, heat chili and refried beans until warm (do not boil).
4. Spoon about half of the chili mixture evenly onto the tortillas, sprinkle with cheese, and roll up. Place side by side on the cookie sheet with seam side down.
5. Top tortillas with remaining chili mixture. Sprinkle with remaining cheese.
6. Bake for 10 minutes until cheese is melted.

Recipe adapted from Food.com

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	310	
Total Fat	17 g	
Protein	17 g	
Carbohydrates	23 g	
Dietary Fiber	4 g	
Saturated Fat	6 g	
Sodium	500 mg	

2-Step Chicken

Makes: 4 Servings

Ingredients

1 tablespoon vegetable oil
4 boneless chicken breast halves
1 can cream of chicken soup (10 ounces, reduced sodium)
1/2 cup water

Directions

1. Heat oil in a skillet at a medium-high setting.
2. Add chicken and cook for ten minutes.
3. Remove chicken from pan and set aside.
4. Stir the soup and water together in the skillet and heat it to a boil.
5. Return the chicken to the skillet. Reduce the heat to low and simmer for an additional 10 minutes, or until the chicken reaches an internal temperature of 165°F.

Apple Cobbler

Makes: 50 or 100 servings

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Whole wheat/enriched blend flour	2 lb 4 oz	2 qt 1/2 cup	4 lb 8 oz	1 gal 1 cup
Salt		2 tsp		1 Tbsp 1 tsp
Trans fat-free shortening	1 lb 4 oz	3 cups	2 lb 8 oz	1 qt 2 cups
Water, cold		1 1/3 cups		2 2/3 cups
All of reserved apple juice (from draining apples) plus water, cold, as needed		2 qt		1 gal
Cornstarch	4 oz	1 cup	8 oz	2 cups
Sugar	1 lb 8 oz	3 1/2 cups	3 lb	1 qt 3 cups
Ground cinnamon		1 Tbsp 1 tsp		2 Tbsp 2 tsp
Ground nutmeg		2 tsp		1 Tbsp 1 tsp
Canned unsweetened sliced apples, solid pack, drained	9 lb 12 oz	1 gal 1 1/2 qt (2 No. 10 cans)	19 lb 8 oz	2 gal 3 qt (4 No. 10 cans)

Nutrition Information

Meal Components

Fruits	3/8 cup
Grains	1 1/4 ounces

Directions

1. For pastry topping: Combine flour and salt. Mix in shortening until size of small peas.
2. Add water and mix just until dry ingredients are moistened. Cover and set aside for step 10.
3. For filling: Drain apples, reserving juice. Set apples aside for step 8.
4. Add water to apple juice.
5. Mix cornstarch with about 1/4 of the liquid mixture.

- 6.** Bring remaining liquid mixture to boil. Add about $\frac{1}{2}$ of the sugar. Gradually add cornstarch mixture to boiling liquid. Cook, stirring constantly, until thickened. Mixture will be very thick, but will thin after steps 7 and 8.
- 7.** Remove from heat. Blend remaining sugar, cinnamon, and nutmeg thoroughly into mixture.
- 8.** Add apples to thickened mixture. Stir lightly. Do not break up fruit.
- 9.** Pour 3 qt 1 cup thickened apple mixture into each steamtable pan (12" x 20" x 2 $\frac{1}{2}$ "). For 50 servings, use 2 pans. For 100 servings, use 4 pans.
- 10.** Roll out pastry dough into rectangles (about 12" x 20") on lightly floured surface. Use about 2 lb 1 oz of dough for each steamtable pan.
- 11.** Cover apples with pastry. Brush with pastry brush dipped in water. Cut dough 5 x 5 (25 pieces).
- 12.** Bake until pastry is brown and filling is bubbly:
Conventional oven: 425° F for 1 hour
Convection Oven: 375° F for 40 minutes
- 13.** Cut each pan 5 x 5 (25 portions per pan).

Notes

Variations:

A. Apple-Honey Cobbler

50 servings: Follow steps 1-3. In step 4, add enough water to apple juice to make 1 qt 3 ? cups. Continue with step 5.

In step 6, omit sugar. Add 14 $\frac{1}{2}$ oz (1 $\frac{1}{4}$ cups) honey. In step 7, add 12 oz (1 $\frac{3}{4}$ cups) sugar. Continue with steps 8-13.

100 servings: Follow steps 1-3. In step 4, add enough water to apple juice to make 3 qt 3 ? cups. Continue with step 5. In step 6, omit sugar. Add 1 lb 13 oz (2 $\frac{1}{2}$ cups) honey. In step 7, add 1 lb 8 oz (3 $\frac{1}{2}$ cups) sugar. Continue with steps 8-13.

B. Apple-Raisin Cobbler

50 and 100 servings: Follow steps 1-8. In step 9 sprinkle 4 oz ($\frac{3}{4}$ cup 1 Tbsp) raisins over each pan. Continue with steps 10-13.

A new nutrient analysis will be coming.

Updated July 2014. Restandardization in progress.

Apple Crisp

Rating: ★★☆☆

Makes: 50 or 100 Servings

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Whole wheat/enriched blend flour	14 oz	3 1/4 cups	1 lb 12 oz	1 qt 2 1/2 cups
Rolled oats	9 oz	3 cups 2 Tbsp	1 lb 2 oz	1 qt 2 1/4 cups
OR	OR	OR	OR	OR
Rolled wheat	9 oz	3 cups	1 lb 2 oz	1 qt 2 cups
Brown sugar, packed	15 oz	2 cups	1 lb 14 oz	1 qt
Ground cinnamon		1 Tbsp 1 1/2 tsp		3 Tbsp
Ground nutmeg (optional)		1 Tbsp 1 1/2 tsp		3 Tbsp
Salt		1/2 tsp		1 tsp
Trans fat-free margarine	1 lb	2 cups	2 lb	1 qt
Canned unsweetened sliced apples, solid packed, with juice	6 lb 4 oz	3 qt 2/3 cup (1 No. 10 can)	11 lb 2 oz	1 gal 2 1/2 qt (2 No. 10 cans)
Sugar	10 1/2 oz	1 1/2 cups	1 lb 5 oz	3 cups
Ground cinnamon		1 1/2 tsp		1 Tbsp
Frozen lemon juice concentrate, reconstituted		1/4 cup		1/2 cup

Nutrition Information

Meal Components

Fruits	1/4 cup
Grains	3/4 ounce

Directions

1. For topping: Combine flour, rolled oats or rolled wheat, brown sugar, cinnamon, nutmeg (optional), salt, and margarine. Mix until crumbly. Set aside for step 6.
2. For filling: Drain apples, reserving juice. For 50 servings, add enough water to juice to make 1 1/2 cups liquid. For 100 servings, add enough water to juice to make 3 cups liquid. Set liquid aside for step 5.
3. Place 5 lb 9 oz (2 qt 3 3/4 cups) apples into each

steamtable pan (12" x 20" x 2 ½"). For 50 servings, use 1 pan. For 100 servings, use 2 pans.

4. Sprinkle 10 ½ oz (1 ½ cups) sugar, 1 ½ tsp cinnamon, and ¼ cup lemon juice over apples in each pan. Stir to combine.

5. Pour 1 ½ cups liquid over apples in each pan.

6. Sprinkle 3 lb 6 oz (approximately 2 qt 1 cup) topping evenly over apples in each steamtable pan.

7. Bake until topping is browned and crisp: Conventional oven: 425° F for 35-45 minutes Convection oven: 350° F for 25-35 minutes

8. Cool. Cut each pan 5 x 10 (50 pieces per pan).

Notes

A new nutrient analysis will be coming. Updated July 2014. Restandardization in progress.

Apple-Honey Crisp

Makes: 50 or 100 Servings

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Whole wheat/enriched flour	14 oz	3 1/4 cups	1 lb 12 oz	1 qt 2 1/2 cups
Rolled oats	9 oz	3 cups 2 Tbsp	1 lb 2 oz	1 qt 2 1/4 cups
OR	OR	OR	OR	OR
Rolled wheat	9 oz	3 cups	1 lb 2 oz	1 qt 2 cups
Brown sugar, packed	15 oz	2 cups	1 lb 14 oz	1 qt
Brown sugar, packed	15 oz	2 cups	1 lb 14 oz	1 qt
Ground cinnamon	15 oz	2 cups	1 lb 14 oz	1 qt
Ground nutmeg (optional)		1 Tbsp 1 1/2 tsp		3 Tbsp
Salt		1/2 tsp		1 tsp
Trans fat-free margarine	1 lb	2 cups	2 lb	1 qt
Canned unsweetened sliced apples, solid packed, with juice	6 lb 4 oz	3 qt 2/3 cup (1 No. 10 can)	11 lb 2 oz	1 gal 2 1/2 qt (2 No. 10 cans)
Honey	10 oz	3/4 cup 2 Tbsp	1 lb 4 oz	1 3/4 cups
Ground cinnamon		1 1/2 tsp		1 Tbsp
Frozen lemon juice concentrate, reconstituted		1/4 cup		1/2 cup

Nutrition Information

Meal Components

Fruits	1/4 cup
Grains	3/4 ounce

Directions

1. For topping: Combine flour, rolled oats or rolled wheat, brown sugar, cinnamon, nutmeg (optional), salt, and margarine. Mix until crumbly. Set aside for step 6.
2. For filling: Drain apples, reserving juice. For 50 servings, add enough water to juice to make 1 1/2 cups liquid. For 100 servings, add enough water to juice to make 3 cups liquid. Set liquid aside for step 5.
3. Place 5 lb 9 oz (2 qt 3 3/4 cups) apples into each steamtable pan (12" x 20" x 2 1/2"). For 50 servings, use 1

pan. For 100 servings, use 2 pans.

4. Spread 10 oz ($\frac{3}{4}$ cup 2 Tbsp) honey, 1 $\frac{1}{2}$ tsp cinnamon, and $\frac{1}{4}$ cup lemon juice over apples in each pan. Stir to combine.

5. Pour 1 $\frac{1}{2}$ cups liquid over apples in each pan

6. Sprinkle 3 lb 6 oz (approximately 2 qt 1 cup) topping evenly over apples in each pan.

7. Bake until topping is browned and crisp: Conventional oven: 425° F for 35-45 minutes Convection oven: 350° F for 25-35 minutes

8. Cool. Cut each pan 5 x 10 (50 pieces per pan).

Notes

A new nutrient analysis will be coming.

Updated July 2014. Restandardization in progress.

Applesauce Cake

Makes: 50 or 100 servings

	50 Servings		100 Servings	
Ingredients	Weight	Measure	Weight	Measure
Whole wheat/enriched blend flour	1 lb 14 oz	1 qt 3 cups	3 lb 12 oz	3 qt 2 cups
Sugar	1 lb 12 oz	1 qt	3 lb 8 oz	2 qt
Instant nonfat dry milk	2 1/2 oz	1 cup	5 oz	2 cups
baking powder		1/4 cup	3 oz	1/2 cup
Salt		1 1/2 tsp		1 Tbsp
Ground cloves		1 1/2 tsp		1 Tbsp
Ground cinnamon		1 Tbsp		2 Tbsp
Frozen whole eggs, thawed	14 oz	1 2/3 cups	1 lb 12 oz	3 1/3 cups
OR		OR		OR
Fresh large eggs (see Special Tip)		8 each		16 each
Vanilla		1 Tbsp		2 Tbsp
Water		1/4 cup		1/2 cup
Trans fat-free shortening	13 oz	2 cups	1 lb 10 oz	1 qt
Unsweetened applesauce	1 lb 11 oz	3 cups (1/4 No. 10 can)	3 lb 6 oz	1 qt 2 cups (1/2 No. 10 can)
Raisins, plumped (optional)	1 lb	2 1/2 cups	2 lb	1 qt 1 cups
Chopped walnuts (optional)	8 oz	1 3/4 cups 2 Tbsp	1 lb	3 3/4 cups

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	218	
Total Fat	8.39 g	
Protein	3.28 g	
Carbohydrates	33.18 g	
Dietary Fiber	0.7 g	
Saturated Fat	2.13 g	
Sodium	205 mg	

Meal Components

Grains	1 ounce
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Directions

1. Blend flour, sugar, dry milk, baking powder, salt, cloves, and cinnamon in mixer for 1 minute on low speed.
2. Combine eggs, vanilla, and water. Add shortening and liquid mixture to dry ingredients. Blend for 30 seconds on low speed. Beat for 6 minutes on medium speed.
3. Add applesauce. Blend for 30 seconds on low speed.

Beat for 3 minutes on medium speed. Add raisins (optional) and nuts (optional). Blend for 1 minute on low speed.

4. Pour 7 lb 3 oz (3 qt 3 cups) batter into each sheet pan (18" x 26" x 1") which has been lightly coated with pan release spray and dusted with flour. For 50 servings, use 1 pan. For 100 servings, use 2 pans.

5. Bake until lightly browned: Conventional oven: 375° F for 35 minutes Convection oven: 325° F for 25 minutes

6. Cool. If desired, dust lightly with powdered sugar.

7. Cut each pan 5 x 10 (50 pieces per pan).

Notes

Comments:

†To plump raisins, cover the fruit with very hot tap water. Soak 2- 5 minutes. DO NOT OVERSOAK. Drain well before using.

Special Tip:

For 50 servings, use 4 oz (1 ? cups) dried whole eggs and 1 ? cups water in place of eggs.

For 100 servings, use 8 oz (2 ? cups) dried whole eggs and 2 ? cups water in place of eggs.

A new nutrient analysis will be coming. Updated July 2014.
Restandarization in progress.

Arroz con Queso (Rice with Cheese)

Makes: 50 or 100 Servings

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Brown rice, medium grain, regular	2 lb 13 oz	1 qt 2 1/2 cups	5 lb 10 oz	3 qt 1 cup
OR	OR	OR	OR	OR
Brown rice, long grain, parboiled	2 lb 11 oz	1 qt 2 3/4 cups	5 lb 6 oz	3 qt 1 1/2 cups
Water		3 1/2 cups		1 qt 3 cups
*Fresh onions, chopped	1 lb 8 oz	1 qt	3 lb	2 qt
OR	OR	OR	OR	OR
Dehydrated onions	4 1/2 oz	2 1/4 cups	9 oz	1 qt 1/2 cup
Canned, low-sodium, chopped mild green chilies	12 oz	1 1/4 cups 2 Tbsp	1 lb 8 oz	2 3/4 cups
Canned low-sodium jalapeno peppers, drained, chopped	4 oz	1/2 cup	8 oz	1 cup
Granulated garlic		1 Tbsp 1 tsp		2 Tbsp 2 tsp
Lowfat plain yogurt	3 lb	1 qt 1 1/2 cups	6 lb	2 qt 3 cups
Lowfat 1% milk		1 qt 1 cup		2 qt 2 cups
Salt		2 tsp		1 Tbsp 1 tsp
Reduced fat Monterey Jack cheese, shredded	1 lb	1 qt	2 lb	2 qt
Reduced fat cheddar cheese, shredded	1 lb	1 qt	2 lb	2 qt
Canned low-sodium pinto beans, drained, rinsed	4 lb 4 oz	2 qt 1 1/4 cups (1 No. 10 can)	8 lb 8 oz	1 gal 2 1/2 cups (2 No. 10 cans)
OR	OR	OR	OR	OR
**Dry pinto beans, cooked (see Special Tip)	4 lb 4 oz	2 qt 1 1/4 cups	3 lb 10 oz	1 gal 2 1/2 cups
*Fresh tomatoes, diced	1 lb 8 oz	3 2/3 cups	3 lb	1 qt 3 1/3 cups

Nutrition Information

Meal Components

Vegetables

_ Other 1/8 cup

Grains 3/4 ounce

Meat / Meat Alternate 2 ounces

Canned low-sodium diced tomatoes	1 lb 14 oz	3 3/8 cups (1 No. 2 1/2 can)	3 lb 12 oz	1 qt 2 3/4 cups (2 No. 2 1/2 cans)
Reduced fat cheddar cheese, shredded	1 lb 3 oz	1 qt 3/4 cup	2 lb 6 oz	2 qt 1 1/2 cups

Directions

1. Place rice and water in a stock pot or steam-jacketed kettle. Bring to a boil. Cover and reduce heat to medium. Simmer for 12 minutes or until tender.
2. Combine onion, chilies, jalapenos, granulated garlic, yogurt, milk, salt, Monterey Jack cheese, Cheddar cheese, and pinto beans. Add to rice. Spread 5 lb 8 oz (2 qt 2 cups) in each steamtable pan (12" x 20" x 2 1/2"). For 50 servings, use 2 pans. For 100 servings, use 4 pans. Bake:
Conventional Oven: 350° F for 35 minutes. Convection Oven: 325° F for 30 minutes.
3. Sprinkle 12 oz (1 3/4 cups 2 Tbsp) of diced tomatoes and 9 1/2 oz (2 1/2 cups) of Cheddar cheese over top of each steamtable pan and bake for 5 minutes, until cheese is melted.
4. CCP: Hold for hot service at 135° F or higher. Portion with No. 8 scoop (1/2 cup).

Notes

Comments:

*See Marketing Guide.

Serving Information:

1/2 cup (No. 8 scoop) provides: Legume as Meat Alternate: 2 oz equivalent meat alternate, 1/8 cup other vegetable, and 3/4 oz equivalent grains. OR Legume as Vegetable: 1 1/4 oz equivalent meat alternate, 1/8 cup legume vegetable, 1/8 cup other vegetable, and 3/4 oz equivalent grains. *Legume vegetable can be counted as either a meat alternate or as a legume vegetable but not as both simultaneously.*

**Special Tip:

SOAKING BEANS

Overnight method: Add 1 $\frac{3}{4}$ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with cooking the beans.

Quick-soak method: Boil 1 $\frac{3}{4}$ qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water.

Proceed with cooking the beans.

COOKING BEANS

Once the beans have been soaked, add $\frac{1}{2}$ tsp salt for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours.

Use hot beans immediately in recipe preparation.

CCP: Hold for hot service at 135° F.

OR

Chill for later use. If chilling:

CCP: Cool to 70° F within 2 hours and to 41° F or lower within an additional 4 hours.

1 lb dry pinto beans = about 2 $\frac{1}{2}$ cups dry or 5 $\frac{1}{4}$ cups cooked beans.

A new nutrient analysis will be coming. Updated July 2014. Restandarization in progress.

Aztec Grain Salad

Rating: ★★☆☆

Prep time: 15 minutes

Cook time: 30 minutes

Makes: 6 Servings

Aztec Grain Salad combines a South American, high-protein grain called quinoa with aromatic roasted butternut squash, crisp apples, and dried cranberries to make a delicious and colorful side dish.

Ingredients

- 1 1/2 cups** Quinoa, dry
- 1 3/4 cups** Fresh granny smith apples, peeled, cored, cubed 3/4"
- 1 3/4 cups** Fresh butternut squash, peeled, seeded, cubed 1/2"
- 1 tablespoon** canola oil
- 1/4 teaspoon** ground ginger
- 3/4 teaspoon** ground cinnamon
- 1/4 cup** frozen orange juice concentrate
- 1 1/2 tablespoons** olive oil
- 1 teaspoon** honey
- 1/2 teaspoon** Dijon mustard
- 2 tablespoons** red wine vinegar
- 1 dash** salt
- 1 dash** ground black pepper
- 1 dash** ground white pepper
- 1/2 teaspoon** Fresh cilantro, chopped (Optional: use additional cilantro as a garnish)
- 1/3 cup** Dried cranberries, finely chopped
- 1/3 cup** Golden raisins, seedless, finely chopped

Directions



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	298	
Total Fat	8 g	
Protein	6 g	
Carbohydrates	54 g	
Dietary Fiber	6 g	
Saturated Fat	1 g	
Sodium	58 mg	

MyPlate Food Groups

Fruits	1/2 cup
Vegetables	1/4 cup
Grains	1 ounce

1. Preheat oven to 400 °F.
2. Rinse quinoa in a fine mesh strainer until water runs clear, not cloudy. Combine quinoa and 3 cups water in a medium pot. Cover and bring to a boil. Turn heat down to low and simmer until water is completely absorbed, about 10-15 minutes. When done, quinoa will be soft and a white ring will pop out of the kernel. The white ring will appear only when it is fully cooked. Fluff with a fork. Cover and refrigerate. A rice cooker may be used with the same quantity of quinoa and water.
3. Combine apples and squash in a large mixing bowl. Add canola oil, 1/8 tsp ginger, and 1/4 tsp cinnamon. Toss well to coat.
4. Pour apples/squash mixture onto a large baking sheet and place in oven at 400 °F. Roast for 15 minutes or until squash is soft and slightly brown on the edges. Do not overcook. Remove and set aside to cool.
5. In a medium mixing bowl, combine orange juice, olive oil, honey, Dijon mustard, red wine vinegar, salt, peppers, cilantro, and remaining ginger and cinnamon. Whisk together to make dressing.
6. In a large mixing bowl, combine quinoa, apples/squash mix, cranberries, raisins, and dressing. Toss well to combine. If desired, garnish with additional cilantro. Cover and refrigerate for about 2 hours. Serve chilled.

Notes

Our Story

Novi Meadows, an upper elementary Blue Ribbon Exemplary School, drew on the talents and hard work of students, staff, parents, and the community to create their unique recipe. The school's School Nutrition Action Committee (SNAC) brainstormed recipe ideas that would not only fulfill the nutritional requirements of the contest, but would also be appealing to the students. The SNAC wanted to come up with something that was different and chose quinoa as the whole grain to feature in the recipe. Quinoa was then paired with traditional American fall produce to create a unique flavor experience. Aztec Grain Salad was named by the students, and it is a fantastic side dish to offer children.

Novi Meadows 6th Grade Upper Elementary School

Novi, Michigan

School Team Members

School Nutrition Professional: JoAnn Clements

Chef: Ina Cheatem (Natural Food Chef, Fresh Delights)

Community Member:Michelle Thompson

Students:Cory G., Bryan T., and Jackie D.

Recipes for Healthy Kids Cookbook for Homes

Aztec Grain Salad

Rating: ★★★★★

Makes: 50 or 100 Servings

Aztec Grain Salad combines a South American, high-protein grain called quinoa with aromatic roasted butternut squash, crisp apples, and dried cranberries to make a delicious and colorful side dish.

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Quinoa, dry	4 lb 6 oz	2 qt 3 cups	8 lb 12 oz	1 gal 1 1/2 qt
Water		1 gal 1 1/2 qt		2 gal 3 qt
*Fresh Granny Smith apples, peeled, cored, cubed 3/4"	3 lb 10 oz	2 qt 2 cups	7 lb 4 oz	1 gal 1 qt
*Fresh butternut squash, peeled, cubed 1/2"	4 lb	3 qt 2 cups	8 lb	1 gal 3 qt
Canola oil		1/2 cup		1 cup
Ground ginger		2 tsp		1 Tbsp 1 tsp
Ground cinnamon		1 Tbsp 2 tsp		3 Tbsp 1 tsp
Frozen orange juice concentrate	12 oz	1 1/2 cups	1 lb 8 oz	3 cups
Extra virgin olive oil		2/3 cup		1 1/3 cups
Honey		2 Tbsp 2 tsp		1/3 cup
Dijon mustard		1 Tbsp		2 Tbsp
Red wine vinegar		1 cup		2 cups
Salt		1 tsp		2 tsp
Ground black pepper		2/3 tsp		1 1/3 tsp
Ground white pepper		1/2 tsp		1 tsp
Fresh cilantro, finely chopped		2 Tbsp Option: Add additional for garnish		¼ cup Option: Add additional for garnish



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	297.8	
Total Fat	7.83 g	
Protein	6.41 g	
Carbohydrates	53.56 g	
Dietary Fiber	5.56 g	
Saturated Fat	0.91 g	
Sodium	58.43 mg	

Meal Components

Fruits	3/8 cup
Vegetables	
_ Red & Orange	1/8 cup
Grains	1 ounce

chopped				
Golden raisins, seedless,	1 lb 4 oz	1 qt	2 lb 8 oz	2 qt
finely chopped				

Directions

1. Rinse quinoa in a fine mesh strainer until water runs clear, not cloudy.
2. Combine quinoa and water in a covered stockpot and bring to a boil. Reduce heat and simmer until water is completely absorbed, about 10-15 minutes. When done, quinoa will be soft and a white ring will pop out of the kernel. The white ring will appear only when it is fully cooked. Refrigerate at 40 °F.
3. Combine apples, squash, and canola oil. Add half of the ginger and half of the cinnamon. Reserve remaining ginger and cinnamon for step 6. Toss well to coat.
4. Combine apples, squash, and canola oil. Add half of the ginger and half of the cinnamon. Reserve remaining ginger and cinnamon for step 6. Toss well to coat.
5. Transfer apple/squash mixture to a sheet pan (18" x 26" x 1"). For 50 servings, use 2 pans. For 100 servings, use 4 pans.
6. Roast until squash is soft and slightly brown on the edges. DO NOT OVERCOOK. Conventional oven: 400 °F for 15-20 minutes. Convection oven: 400 °F for 12-15 minutes.
7. Combine orange juice concentrate, olive oil, honey, mustard, vinegar, salt, black pepper, white pepper, cilantro, and remaining ginger and cinnamon. Whisk dressing until combined.
8. In steam table pan (12" x 20" x 4") combine quinoa, apple/ squash mixture, cranberries, raisins, and dressing. Mix well. For 50 servings, use 2 pans. For 100 servings, use 4 pans. Option: garnish with additional chopped cilantro. Cover and refrigerate at 40 °F to allow flavors to combine.
9. Critical Control Point: Cool to 41 °F or lower within 4 hours. Refrigerate until ready to serve

10. Portion with 8 fl oz spoodle (1 cup).

Notes

Our Story

Novi Meadows, an upper elementary Blue Ribbon Exemplary School, drew on the talents and hard work of students, staff, parents, and the community to create their unique recipe. The school's School Nutrition Action Committee (SNAC) brainstormed recipe ideas that would not only fulfill the nutritional requirements of the contest, but would also be appealing to the students. The SNAC wanted to come up with something that was different and chose quinoa as the whole grain to feature in the recipe. Quinoa was then paired with traditional American fall produce to create a unique flavor experience. Aztec Grain Salad was named by the students, and it is a fantastic side dish to offer children.

Novi Meadows 6th Grade Upper Elementary School

Novi, Michigan

School Team Members

School Nutrition Professional: JoAnn Clements

Chef: Ina Cheatem (Natural Food Chef, Fresh Delights)

Community Member: Michelle Thompson

Students: Cory G., Bryan T., and Jackie D.

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Baked Beans (Using Canned Vegetarian Beans)

Makes: 50 or 100 Servings

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Low-sodium canned vegetarian beans	14 lb 10 oz	1 gal 2 1/2 qt (2 1/8 No. 10 cans)	29 lb 4 oz	3 gal 1 qt (4 1/4 No. 10 cans)
*Fresh onions, chopped	1 lb 8 oz	1 qt	3 lb	2 qt
OR	OR	OR	OR	OR
Dehydrated onions	4 1/2 oz	2 1/4 cups	9 oz	4 1/2 cups
Molasses	11 oz	1 cup	1 lb 6 oz	2 cups
Dry mustard		2 Tbsp		1/4 cup
Brown sugar, packed	3 3/4 oz	3/4 cup 1 1/3 Tbsp	7 1/2 oz	1 2/3 cups
Water		2 cups		1 qt
No salt added tomato paste	9 1/2 oz	1 cup 1 Tbsp	1 lb 3 oz	2 cups 2 Tbsp
Cooked ham, diced (optional)	1 lb	3 cups	2 lb	1 qt 2 cups

Nutrition Information

Meal Components

Vegetables 1/8 cup

Meat / Meat Alternate 2 ounces

Directions

1. Pour 14 lb 10 oz (1 gal 2 1/2 qt) canned vegetarian beans into each medium steamtable pan (12" x 20" x 4"). For 50 servings, use 1 pan. For 100 servings, use 2 pans.
2. Combine onions, molasses, dry mustard, brown sugar, water, tomato paste, and ham (optional). Blend.
3. Pour 4 lb 1 oz (1 qt 3 cups) mixture over beans in each steamtable pan. Stir to combine. Cover pans.
4. Bake: Conventional oven: 350° F for 2 1/4 hours
Convection oven: 325° F for 1 1/4 hours Remove cover

during last ½ hour of baking to brown the beans. CCP:
Heat to 165° F or higher for 15 seconds

Notes

Comments:

*See Marketing Guide.

A new nutrient analysis will be coming. Updated July 2014. Restandarization in progress.

Baked Cajun Fish

Makes: 50 or 100 servings

Ingredients	50 Servings		100 Servings	
	Weight	Measure	Weight	Measure
Paprika		2 tsp		1 Tbsp 1 tsp
Granulated garlic		2 tsp		1 Tbsp 1 tsp
Onion salt		2 tsp		1 Tbsp 1 tsp
Red pepper		3/4 tsp		1 1/2 tsp
Ground black or white pepper		3/4 tsp		1 1/2 tsp
Dried oregano		1 tsp		2 tsp
Dried thyme		1 tsp		2 tsp
Frozen fish portions (3 oz each)	9 lb 7 oz	50 each	18 lb 14 oz	100 each
Lemon juice		1/2 cup		1 cup
Trans fat-free margarine	6 oz	3/4 cup	12 oz	1 1/2 cups

Directions

1. Mix paprika, granulated garlic, onion salt, red pepper, black or white pepper, oregano, and thyme in a small bowl. Reserve for step 3.
2. Place 25 fish portions into each ungreased steamtable pan (12" x 20" x 2 1/2"). For 50 servings, use 2 pans. For 100 servings, use 4 pans.
3. Sprinkle 1/4 cup of lemon juice and 1 Tbsp 2 tsp of seasoning mix over the top of each pan.
4. Drizzle 1/2 cup of melted margarine over the seasonings.
5. Bake: Conventional oven: 350° F for 20 minutes. Convection oven: 350° F for 15 minutes. Fish should flake easily with a fork. CCP: Heat to 145° F or higher for at least 15 seconds.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	128	
Total Fat	8.12 g	
Protein	12.58 g	
Carbohydrates	0.43 g	
Dietary Fiber	0.1 g	
Saturated Fat	1.75 g	
Sodium	145 mg	

Meal Components

Meat / Meat Alternate 2 1/4 ounces

6. CCP: Hold for hot service at 135° F or higher.

Notes

Special Tips:

- 1) For best results, batch-cook fish throughout the meal.
- 2) 3 oz boneless, skinless chicken breasts or thighs may be substituted for fish.

CCP: Bake chicken to 165° F or higher for at least 15 seconds.

Baked Fish Scandia

Makes: 50 or 100 Servings

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Enriched dry bread crumbs	8 oz	2 cups	1 lb	1 qt
Lemon juice		1/2 cup		1 cup
Onion salt		2 tsp		1 Tbsp 1 tsp
Ground black or white pepper		1/2 tsp		1 tsp
Hot pepper sauce		1/2 tsp		1 tsp
Dried parsley		1/4 cup		1/2 cup
Vegetable oil		1/4 cup		1/2 cup
Frozen fish portions (3 oz each)	9 lb 7 oz	50 each	18 lb 14 oz	100 each
Lowfat plain yogurt	1 lb 10 oz	3 1/4 cups	3 lb 4 oz	1 qt 2 1/2 cups
Reduced fat cheddar cheese, shredded	6 oz	1 1/2 cups	12 oz	3 cups

Directions

1. In a bowl, mix bread crumbs, lemon juice, onion salt, pepper, hot pepper sauce, and parsley. Reserve for step 6.
2. Oil each steamtable pan (12" x 20" x 2 1/2") with 2 Tbsp oil. For 50 servings, use 2 pans. For 100 servings, use 4 pans.
3. Place 25 fish portions into each steamtable pan.
4. Cover each portion with a No. 60 scoop (1 Tbsp) of lowfat yogurt
5. Sprinkle 3 oz (3/4 cup) of cheese, per pan, on top of lowfat yogurt.
6. Sprinkle 1 Tbsp of crumb mixture on top of each portion.

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	162	
Total Fat	7.21 g	
Protein	18.64 g	
Carbohydrates	4.67 g	
Dietary Fiber	0.2 g	
Saturated Fat	1.53 g	
Sodium	179 mg	

Meal Components

Meat / Meat Alternate 2 1/2 ounces

7. Bake: Conventional oven: 400° F for 25 minutes.
Convection oven: 350° F for 25 minutes. Fish should flake easily with a fork. CCP: Heat to 145° F or higher for at least 15 seconds.
8. CCP: Hold for hot service at 135° F or higher.

Notes

Special Tips:

- 1) For best results, batch-cook fish throughout the meal.
- 2) 3 oz boneless, skinless chicken breasts or thighs may be substituted for fish.

CCP: Bake chicken to 165° F or higher for at least 15 seconds.

Baked French Toast Strips

Makes: 50 or 100 servings

	50 Servings		100 Servings	
Ingredients	Weight	Measure	Weight	Measure
Texas Toast whole grain-rich bread, 1/2" thick (1 1/2 oz slices)	3 lb 5 oz	35 slices	6 lb 10 oz	70 slices
Frozen whole eggs, thawed OR Fresh large eggs (see Special Tip)	2 lb 15 oz	1 qt 1 1/2 cups OR 27 each	5 lb 14 oz	2 qt 3 1/8 cups OR 53 each
Lowfat 1% milk		1 qt 2 cups		3 qt
Sugar	10 oz	1 1/4 cups	1 lb 4 oz	2 1/2 cups
Salt		1 1/2 tsp		1 Tbsp
Vanilla		1 Tbsp 1 tsp		2 Tbsp 2 tsp
Ground cinnamon		2 tsp		1 Tbsp 1 tsp

Nutrition Information

Meal Components

Grains	1 ounce
Meat / Meat Alternate	1 ounce

Directions

1. Cut each slice of bread into 3 even strips. Arrange 35 of these strips of bread in each steamtable pan (12" x 20" x 2 1/2") which has been lightly coated with pan release spray. For 50 servings, use 3 pans. For 100 servings, use 6 pans.
2. Combine the eggs, milk, sugar, salt, and vanilla in a mixing bowl. Mix with paddle attachment for 5 minutes on medium speed, until ingredients are well blended.
3. Pour 1 qt 1 cup of egg mixture over each pan of bread strips.
4. Cover pans with plastic wrap and chill for 4-24 hours.
5. Sprinkle cinnamon on top

6. Bake: Conventional oven: 425° F for 35 minutes.
Convection oven: 375° F for 20 minutes. CCP: Heat to 145° F for 3 minutes.

7. CCP: Hold for hot service at 135° F or higher. Portion 2 strips.

Notes

Special Tips:

For 50 servings, use 13 ½ oz (1 qt ¼ cup) dried whole eggs and 1 qt ¼ cup water in place of eggs.

For 100 servings, use 1 lb 10 ½ oz (2 qt ¾ cup) dried whole eggs and 2 qt ¾ cup water in place of eggs.

Serve with Spiced Apple Topping (G-09), lowfat yogurt, fresh fruit, or maple syrup.

A new nutrient analysis will be coming.

Updated July 2014. Restandardization is progress.

Baked Squash

Rating: ★★★★★

Makes: 4 Servings

Ingredients

vegetable cooking spray
1 squash Butternut (or acorn) squash
a pinch Salt
2 tablespoons margarine
2 tablespoons brown sugar
1 teaspoon cinnamon
1/4 teaspoon ginger

Directions

1. Preheat the oven to 400 degrees.
2. Cover baking sheet with foil and coat foil with vegetable cooking spray.
3. Wash the squash.
4. Cut the squash in half lengthwise on the cutting board.
5. Scoop out the seeds and strings. Cut in 1/2-inch slices.
6. Place the squash on the baking sheet.
7. Sprinkle with salt.
8. Melt margarine. Add brown sugar, cinnamon and ginger.
9. Spread margarine mixture on squash.
10. Bake 20 to 25 minutes or until tender.
11. Enjoy!

Notes

Serving Size: 1/4 of a butternut squash

New York CACFP

Baked Sweet Potatoes and Apples

Makes: 50 or 100 servings

Ingredients	50 Servings		100 Servings	
	Weight	Measure	Weight	Measure
Canned cut sweet potatoes, drained	3 lb 13 oz	2 qt 1/2 cup (1 No. 10 can)	7 lb 10 oz	1 gal 1 cup (2 No. 10 cans)
Canned unsweetened sliced apples solid packed, drained	3 lb 11 oz	2 qt (2/3 No. 10 can)	7 lb 6 oz	1 gal (1 1/3 No. 10 cans)
Brown sugar, packed	5 3/4 oz	3/4 cup	11 1/2 oz	1 1/2 cups
Ground cinnamon		1 tsp		2 tsp
Ground nutmeg (optional)		1 tsp		2 tsp
Trans fat-free margarine	2 1/2 oz	1/3 cup	5 oz	2/3 cup
Water		3/4 cup		1 1/2 cups

Nutrition Information

Meal Components

Fruits	1/8 cup
Vegetables	
_ Red & Orange	1/8 cup

Directions

1. Place 3 lb 13 oz (2 qt ¾ cup) sweet potatoes into each steamtable pan (12" x 20" x 2 ½") which has been lightly coated with pan release spray. For 50 servings, use 1 pan. For 100 servings, use 2 pans.
2. Place 3 lb 11 oz (2 qt ½ cup) apples over sweet potatoes in each pan.
3. Combine brown sugar, cinnamon, and nutmeg (optional).
4. Sprinkle ¾ cup sugar mixture over apples in each pan.
5. Dot each pan with ½ cup margarine, and sprinkle remaining sugar.
6. Add ¾ cup water to each pan.
7. Bake: Conventional oven: 350° F for 25-30 minutes.

Convection oven: 300° F for 15-20 minutes. CCP: Heat to 140° For higher.

8. CCP: Hold for hot service at 135° F or higher. Portion with No. 16 scoop ($\frac{1}{4}$ cup).

Notes

A new nutrient analysis will be coming. Updated July 2014. Restandardization in progress.

Baked Sweet Potatoes and Apples

Makes: 50 or 100 Servings

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Canned cut sweet potatoes, drained	3 lb 13 oz	2 qt 1/2 cup (1 No. 10 can)	7 lb 10 oz	1 gal 1 cup (2 No. 10 cans)
Canned unsweetened sliced apples solid packed, drained	3 lb 11 oz	2 qt (2/3 No. 10 can)	7 lb 6 oz	1 gal (1 1/3 No. 10 cans)
Brown sugar, packed	5 3/4 oz	3/4 cup	11 1/2 oz	1 1/2 cups
Ground cinnamon		1 tsp		2 tsp
Ground nutmeg (optional)		1 tsp		2 tsp
Trans fat-free margarine	2 1/2 oz	1/3 cup	5 oz	2/3 cup
Water		3/4 cup		1 1/2 cup

Directions

1. Place 3 lb 13 oz (2 qt 3/4 cup) sweet potatoes into each steamtable pan (12" x 20" x 2 1/2") which has been lightly coated with pan release spray. For 50 servings, use 1 pan. For 100 servings, use 2 pans.
2. Place 3 lb 11 oz (2 qt 1/2 cup) apples over sweet potatoes in each pan.
3. Combine brown sugar, cinnamon, and nutmeg (optional).
4. Sprinkle 3/4 cup sugar mixture over apples in each pan.
5. Dot each pan with 2 cup margarine, and sprinkle remaining sugar.
6. Add 3/4 cup water to each pan.
7. Bake: Conventional oven: 350° F for 25-30 minutes
Convection oven: 300° F for 15-20 minutes CCP: Heat to

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	78	
Total Fat	1.38 g	
Protein	0.56 g	
Carbohydrates	16.56 g	
Dietary Fiber	1.9 g	
Saturated Fat	0.28 g	
Sodium	29 mg	

Meal Components

Fruits	1/8 cup
Vegetables	
Red & Orange	1/8 cup

140° For higher.

8. CCP: Hold for hot service at 135° F or higher. Portion with No. 16 scoop ($\frac{1}{4}$ cup).

Notes

Updated July 2014. Restandarization in progress

Baking Powder Biscuits

Makes: 50 or 100 Servings

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Whole wheat/enriched blend flour	3 lb	2 qt 3 cups	6 lb	1 gal 1 1/2 qt
Instant nonfat dry milk	3 oz	1 1/4 cups	6 oz	2 1/2 cups
baking powder	2 3/4 oz	1/4 cup 2 1/2 Tbsp	5 1/2 oz	3/4 cup 1 Tbsp
Salt		1 Tbsp		2 Tbsp
Trans fat-free margarine	11 1/2 oz	1 3/4 cups	1 lb 7 oz	3 1/2 cups
Water, cold		3 3/4 cups		1 qt 3 1/2 cups

Nutrition Information

Meal Components

Grains 1 1/2 ounces

Directions

1. Blend flour, dry milk, baking powder, and salt in mixer for 1 minute at low speed.
2. Add Trans fat-free margarine and blend into dry ingredients for 2 minutes at low speed. Mixture will be crumbly.
3. Add water and mix for approximately 1 minute on low speed to form soft dough. Scrape bowl as necessary during mixing.
4. Turn out onto lightly floured surface. For 50 servings, knead ball of dough lightly for 1 minute. For 100 servings, divide dough in half and knead each half lightly for 1 minute.
5. Roll or pat out each ball of dough to 1/2" thickness. Cut with floured 2 1/2" biscuit cutter and place on sheet pan (18" x 26" x 1") in rows of 5 across and 10 down. For 50 servings, use 1 pan. For 100 servings, use 2 pans.
6. Bake until lightly browned: Conventional oven: 450° F for 12-14 minutes Convection oven: 400° F for 8-10 minutes

Notes

Variations:

A. Baking Powder Biscuits (Using Master Mix B-01)

For 50 servings, omit steps 1 and 2. Use 3 lb 12 oz (3 qt) Master Mix. Continue with steps 3-6.

For 100 servings, omit steps 1 and 2. Use 7 lb 8 oz (6 qt) Master Mix. Continue with steps 3-6.

B. Cheese Biscuits

For 50 servings, follow steps 1 and 2. In step 3, add 12 oz (3 ½ cups) shredded reduced fat Cheddar cheese to soft dough. Mix lightly to distribute cheese. Continue with steps 4-6.

For 100 servings, follow steps 1 and 2. In step 3, add 1 lb 8 oz (1 qt 3 cups) shredded reduced fat Cheddar cheese to soft dough. Mix lightly to distribute cheese. Continue with steps 4-6.

C. Drop Biscuits

For 50 servings, follow steps 1 and 2. In step 3, use 1 qt ¾ cup cold water. Omit step 4. In step 5, portion with level No. 16 scoop (¼ cup) onto 1 sheet pan (18" x 26" x 1") in rows of 10 down and 5 across. Continue with step 6.

For 100 servings, follow steps 1 and 2. In step 3, use 2 qt 1 ½ cups cold water. Omit step 4. In step 5, portion with level No. 16 scoop (¼ cup) onto 2 sheet pans (18" x 26" x 1") in rows of 5 across and 10 down. Continue with step 6.

D. Wheat Biscuits

For 50 servings, in step 1, use 2 lb 4 oz (2 qt) enriched all-purpose flour and 12 oz (2 ¾ cups) whole wheat flour. Continue with steps 2-6.

For 100 servings, in step 1, use 4 lb 8 oz (4 qt) enriched all-purpose flour and 1 lb 8 oz (1 qt 1 ½ cups) whole wheat flour. Continue with steps 2-6.

A new nutrient analysis will be coming. Updated July 2014. Restandardization in progress.

Barbecue Sauce

Makes: 1 Quart or 1 Gallon

1 Quart

1 Gallon

Ingredients	Weight	Measure	Weight	Measure
Chicken stock, non-MSG		1/2 cup 2 Tbsp		2 1/2 cups
*Fresh onions, chopped OR Dehydrated onions		1/4 cup OR 2 Tbsp 1 tsp	6 oz OR 1 oz	1 cup OR 1/2 cup 1 Tbsp
Catsup	1 lb 13 oz	2 3/4 cups 2 Tbsp (1/4 No. 10 can)	7 lb 3 oz	2 qt 3 1/2 cups (1 No. 10 can)
Granulated garlic		1/2 tsp		2 tsp
Brown sugar, packed	6 oz	3/4 cup	1 lb 8 oz	3 1/4 cups

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	48	
Total Fat	0.1 g	
Protein	0.45 g	
Carbohydrates	12.48 g	
Dietary Fiber	0.4 g	
Saturated Fat	0.02 g	
Sodium	309 mg	

Directions

1. Simmer chicken stock and onions over medium heat for 5 minutes. CCP: Heat to 165° F or higher for at least 15 seconds.
2. Add all other ingredients. Simmer for 15-20 minutes, stirring frequently. Use immediately.

Notes

Comments:

*See Marketing Guide.

Updated July 2014

Barbecued Beef or Pork on Roll (Using Canned Meats)

Makes: 50 or 100 Servings

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
*Fresh onions, chopped	7 oz	1 1/4 cups	14 oz	2 1/2 cups
OR	OR	OR	OR	OR
Dehydrated onions	1 1/4 oz	1/2 cup 2 Tbsp	2 1/2 oz	1 1/4 cups
*Fresh celery, chopped	4 1/2 oz	1 cup 2 Tbsp	8 1/2 oz	2 1/4 cups
Granulated garlic		1 1/2 tsp		1 Tbsp
Catsup	2 lb 11 oz	1 qt 1/4 cup	5 lb 6 oz	2 qt 1/2 cup (3/4 No. 10 can)
Canned tomato paste	12 oz	1 1/3 cups	1 lb 8 oz	2 2/3 cups
White vinegar		1 cup		2 cups
Brown sugar, packed		1/4 cup		1/2 cup
Dry mustard		3 Tbsp		1/4 cup 2 Tbsp
Ground black or white pepper		1 1/2 tsp		1 Tbsp
Cayenne		1/2 tsp		1 tsp
Beef, canned with natural juices	13 lb 2 oz	7 1/4 No. 2 1/2 cans	26 lb 4 oz	14 1/2 No. 2 1/2 cans
OR	OR	OR	OR	OR
Pork, canned with natural juices	13 lb 2 oz	7 1/4 No. 2 1/2 cans	26 lb 4 oz	14 1/2 No. 2 1/2 cans)
Whole grain rich hamburger rolls (at least 1.8 oz each)		50 each		100 each

Nutrition Information

Meal Components

Vegetables	1/8 cup
Grains	1 3/4 ounces
Meat / Meat Alternate	2 ounces

Directions

1. Combine onions, celery, granulated garlic, catsup,

tomato paste, vinegar, brown sugar, dry mustard, pepper, and cayenne. Bring to boil. Reduce heat and simmer, uncovered, for 10-15 minutes, stirring frequently.

2. Remove fat from canned beef or pork, reserving juices. Add beef or pork, with juices, to sauce and stir. Bring to boil. Reduce heat. Simmer, uncovered, approximately 20-30 minutes. Stir occasionally. CCP: Heat to 140° F or higher.

3. Pour meat mixture (approximately 1 gal 2 ½ qt) into steamtable pan (12" x 20" x 2 ½"). For 50 servings, use 1 pan. For 100 servings, use 2 pans.

4. CCP: Hold for hot service at 135° F or higher. Portion with level No. 8 scoop (½ cup) onto bottom half of each roll. Top with other half of roll.

Notes

Comments:

*See Marketing Guide.

Variation

A. Barbecued Chicken or Turkey on Roll

50 servings: In step 1, add 1 qt chicken or turkey stock. In step 2, omit beef or pork. Use 6 lb 8 oz (1 gal 1 qt) *cooked chopped chicken or *cooked chopped turkey. Cover mixture while simmering. Continue with steps 3 and 4.

100 servings: In step 1, add 2 qt chicken or turkey stock. In step 2, omit beef or pork. Use 13 lb (2 gal 2 qt) *cooked chopped chicken or *cooked chopped turkey. Cover mixture while simmering. Continue with steps 3 and 4.

A new nutrient analysis will be coming. Updated July 2014. Restandardization in progress.

Barbecued Chicken

Makes: 50 or 100 Servings

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Dehydrated onions	1/2 oz	1/4 cup	1 oz	1/2 cup 1 Tbsp
Dehydrated onions	1/2 oz	1/4 cup	1 oz	1/2 cup 1 Tbsp
Low-sodium chicken stock, non-MSG		1 1/4 cups		2 1/2 cups
*Fresh onions, chopped	3 oz	1/2 cup	6 oz	1 cup
OR	OR	OR	OR	OR
Low-sodium catsup	3 lb 10 oz	1 qt 2 cups (1/2 No. 10 can)	7 lb 4 oz	3 qt (1 No. 10 can)
Granulated garlic		1 tsp		2 tsp
Brown sugar, packed	12 oz	1 1/2 cups	1 lb 8 oz	3 cups
Raw chicken, cut up, thawed (USDA-donated, whole, cut up 8 pieces)	24 lb 8 oz		49 lb	

Nutrition Information

Meal Components

Meat / Meat Alternate 2 ounces

Directions

1. For barbecue sauce: Simmer chicken stock and onions over medium heat for 5 minutes.
2. Add catsup, granulated garlic, and brown sugar. Simmer 15-20 minutes, stirring frequently. Set aside for use in step 4.
3. Arrange approximately 25 pieces of chicken on each sheet pan (18" x 26" x 1"). For 50 servings, use 3 pans. For 100 servings, use 6 pans.
4. Brush approximately 1 qt of barbecue sauce over chicken in each pan.
5. Bake uncovered, checking frequently: Conventional oven: 425° F for 45 minutes Convection oven: 375° F for

30 minutes CCP: Heat to 165° F or higher for at least 15 seconds.

6. Transfer to steamtable pans for serving. CCP: Hold for hot service at 135° F or higher.

Notes

Comments:

*See Marketing Guide.

A new nutrient analysis will be coming. Updated July 2014. Restandardization in progress.

Bean Soup

Makes: 50 or 100 servings

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Low-sodium chicken or ham stock, non-MSG		2 gal 1 qt		4 gal 2 qt
*Cooked dry Navy beans (see Special Tip)	10 lb 2 oz	1 gal 2 1/2 qt	20 lb 4 oz	3 gal 1 qt
Low-sodium canned tomato paste	7 oz	3/4 cup 1 Tbsp	14 oz	1 1/2 cups 2 Tbsp
*Fresh onions, chopped OR Dehydrated onions	14 oz OR 2 1/2 oz	2 1/3 cups OR 1 1/4 cups	1 lb 12 oz OR 5 oz	1 qt 2/3 cup OR 2 1/2 cups
*Fresh celery, chopped	6 1/2 oz	1 1/2 cups 2 Tbsp	13 oz	3 1/4 cups
*Fresh carrots, chopped	6 1/2 oz	1 3/4 cups	13 oz	3 1/2 cups
Ground black or white pepper		1 tsp		2 tsp
Dried parsley		1/4 cup		1/2 cup
Cooked ham, diced (optional)	1 lb	3 cups	2 lb	1 qt 2 cups
Enriched all-purpose flour	4 1/2 oz	1 cup 1 Tbsp	9 oz	2 cups 2 Tbsp
Water		1 cup		2 cups

Nutrition Information

Meal Components

Vegetables

_ Other 1/8

Meat / Meat Alternate 2

Directions

1. Combine stock, beans, tomato paste, onions, celery, carrots, pepper, parsley, and ham (optional). Bring to boil. (If desired, liquid from cooked beans may be used as part of the stock.)
2. Reduce heat. Cover. Simmer for 20 minutes or until vegetables are tender. CCP: Heat to 165° F or higher for at least 15 seconds.
3. Combine flour and water. Mix until smooth.

4. Add to stock mixture. Stir well and cook over medium heat until thickened, 10-12 minutes.
5. Pour 8 lb 7 ¼ oz (1 gal ? cup) into a medium steamtable pan (12" x 20" x 4"). For 50 servings, use 3 pans. For 100 servings, use 6 pans. CCP: Hold for hot service at 135° F or higher.
6. Portion with 8 oz ladle (1 cup).

Notes

Comments:

*See Marketing Guide.

Legume vegetable can be counted as either a meat alternate or as a legume vegetable but not both simultaneously.

Special Tip:

SOAKING BEANS

Overnight method: Add 1 ¾ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.

Quick-soak method: Boil 1 ¾ qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with recipe.

COOKING BEANS

Once the beans have been soaked, add ½ tsp salt for every lb of dry beans.

Boil gently with lid tilted until tender, about 2 hours.

Use hot beans immediately.

CCP: Hold for hot service at 135° F.

OR

Chill for later use. If chilling:

CCP: Cool to 70° F within 2 hours and to 41° F or lower within an additional 4 hours.

1 lb dry Navy beans = about 2 ¼ cups dry or 5 ? cups cooked beans.

Updated July 2014. Restandardization in progress. A new

nutrient analysis will be coming.

Bean Taco

Makes: 50 or 100 Servings

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Canned pinto beans, drained	8 lb 7 oz	1 gal 3 cups (2 No. 10 cans)	16 lb 14 oz	2 gal 1 1/2 qt (4 No. 10 cans)
OR	OR	OR	OR	OR
*Dry pinto beans, cooked (see Special Tip)	8 lb 7 oz	1 gal 2 1/2 cups	16 lb 14 oz	2 gal 1 1/4 qt
*Fresh onions, chopped	5 oz	3/4 cup 2 Tbsp	10 oz	1 3/4 cups
OR	OR	OR	OR	OR
Dehydrated onions	1 oz	1/2 cup	2 oz	1 cup
Granulated garlic		1 Tbsp 1 1/2 tsp		3 Tbsp
Ground black or white pepper		2 tsp		1 Tbsp 1 tsp
Canned tomato paste	14 oz	1 1/2 cups 1 Tbsp (1/8 No. 10 can)	1 lb 12 oz	3 cups 2 Tbsp (1/4 No. 10 can)
Water		1 qt		2 qt
Chili powder		2 Tbsp		1/4 cup
Ground cumin		1 Tbsp 1 1/2 tsp		3 Tbsp
Paprika		1 1/2 tsp		1 Tbsp
Onion powder		1 1/2 tsp		1 Tbsp
Reduced fat cheddar cheese, shredded	1 lb 10 oz	1 qt 2 1/2 cups	3 lb 4 oz	3 qt 1 cup
*Fresh tomatoes, diced	1 lb 5 oz	2 3/4 cups 2 Tbsp	2 lb 10 oz	1 qt 1 3/4 cups
*Fresh lettuce, shredded	2 lb 7 oz	1 gal 2 cups	4 lb 14 oz	2 gal 1 qt
Enriched taco shells (at least 0.45 oz each)		100 each		200 each

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	249	
Total Fat	9.31 g	
Protein	11.37 g	
Carbohydrates	32.14 g	
Dietary Fiber	5.7 g	
Saturated Fat	2.69 g	
Sodium	536 mg	

Meal Components

Vegetables	1/2 cup
Grains	1 ounce
Meat / Meat Alternate	1 3/4 ounces

Directions

1. Heat canned pinto beans before draining. Puree beans

to a smooth consistency.

2. Add onions, granulated garlic, pepper, tomato paste, water, and seasonings. Blend well. Bring to boil. Reduce heat and simmer for 25-30 minutes. Stir periodically.
CCP: Heat to 155° F for at least 15 seconds.

3. CCP: Hold for hot service at 135° F or higher.

4. For topping: Set cheese aside for step 5. Combine tomatoes and lettuce. Toss lightly. Set mixture aside for step 5.

5. **See below for serving suggestions.

Notes

Comments:

*See Marketing Guide.

†Mexican Seasoning Mix (see G-01A, Sauces, Gravies, and Seasoning Mixes) may be used to replace these ingredients. For 50 servings, use ¼ cup 1 ½ tsp Mexican Seasoning Mix. For 100 servings, use ½ cup 1 Tbsp Mexican seasoning Mix.

**Serving suggestions (2 tacos per serving):

A. Before serving or on serving line, fill each taco shell with a No. 20 scoop (about 3 Tbsp) bean mixture. On each student tray, serve 2 tacos, No. 10 scoop (? cup) lettuce and tomato mixture, and ½ oz (2 Tbsp 1 tsp) shredded cheese.

OR

B.1. Preportion No. 10 scoop (? cup) lettuce and tomato mixture and ½ oz (2 Tbsp 1 tsp) shredded cheese into individual soufflé cups. Refrigerate until service.

B.2. Transfer bean mixture and taco shells to steamtable pans. On each student tray, serve 2 unfilled taco shells, 1 No. 10 scoop (¾ cup) bean mixture, with preportioned lettuce and tomato mixture and preportioned cheese. Instruct students to "build" their own tacos.

Special Tip:

SOAKING BEANS

Overnight method: Add 1 ¾ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with cooking beans.

Quick-soak method: Boil 1 ¾ qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with cooking beans.

COOKING BEANS

Once the beans have been soaked, add ½ tsp salt for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours.

Use hot beans immediately.

CCP: Hold for hot service at 135° F.

OR

Chill for later use.

CCP: Cool to 70° F within 2 hours and to 41° F or lower within an additional 4 hours.

1 lb dry pinto beans = about 2 ¾ cups dry or 5 ¼ cups cooked pinto beans.

Beef and Bean Tamale Pie

Makes: 50 or 100 Servings

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Raw ground beef (no more than 15% fat)	2 lb 10 oz		5 lb 4 oz	
Canned low-sodium pinto beans, drained, rinsed, coarsely chopped	5 lb 13 oz	3 qt 1 cup (1 1/3 No. 10 cans and 1/2 cup)	11 lb 10 oz	1 gal 2 1/2 qt (2 2/3 No. 10 cans and 1 cup)
OR	OR	OR	OR	OR
* Dry pinto beans, cooked, coarsely chopped (see Special Tips)	5 lb 13 oz	3 qt	11 lb 10 oz	1 gal 2 qt
*Fresh onions, chopped	14 oz	2 1/3 cups	1 lb 12 oz	1 qt 2/3 cup
OR	OR	OR	OR	OR
Dehydrated onions	2 1/2 oz	1 1/4 cups	5 oz	2 1/2 cups
Granulated garlic		2 Tbsp		1/4 cup
Ground black or white pepper		1 1/2 tsp		1 Tbsp
Canned low-sodium tomato paste	1 lb 12 oz	3 cups 2 Tbsp (1/4 No. 10 can)	3 lb 8 oz	1 qt 2 1/4 cups (1/2 No. 10 can)
Canned low-sodium diced tomatoes, with juice	3 lb 3 oz	1 qt 2 1/4 cups (1/2 No. 10 can)	6 lb 6 oz	3 qt 1/2 cup (1 No. 10 can)
Water		1 qt 1 cup		2 qt 2 cup
Chili powder		1/4 cup		1/2 cup
Ground cumin		3 Tbsp		1/4 cup 2 Tbsp
Paprika		1 Tbsp		2 Tbsp
Onion powder		1 Tbsp		2 Tbsp
Whole wheat/enriched blend flour	1 lb	3 3/4 cups	2 lb	1 qt 3 1/2 cups
Whole grain-rich cornmeal	1 lb	3 3/4 cups	2 lb	1 qt 3 1/2 cups

Nutrition Information

Meal Components

Vegetables

_ Red & Orange 1/4 cup

_ Other 1/8 cup

Grains 1 ounce

Meat / Meat Alternate 2 1/4 ounces

baking powder		2 Tbsp	2 oz	1/4 cup
Salt		3/4 tsp		1 1/2 tsp
Frozen whole eggs, thawed	6 oz	3/4 cup	12 oz	1 1/2 cups
OR		OR		OR
Fresh large eggs (see Special Tip)		4 each		7 each
Instant nonfat dry milk, reconstituted		3 3/4 cups		1 qt 3 1/2 cups
Vegetable oil		1/2 cup		1 cup
Reduced fat cheddar cheese, shredded	1 lb 10 oz	1 qt 2 1/2 cups	3 lb 4 oz	3 qt 1 cup

Directions

1. Brown ground beef. Drain. Continue immediately.
2. Add pinto beans, onions, granulated garlic, pepper, tomato paste, tomatoes, water, and seasonings. Blend well. Bring to boil. Reduce heat and simmer for 20-25 minutes. CCP: Heat to 155° F for at least 15 seconds. Ground beef/bean mixture may be prepared ahead and refrigerated overnight. CCP: Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an additional 4 hours.
3. Pour 7 lb 13 oz (3 qt 2 cups) mixture into each steamtable pan (12" x 20" x 2 1/2"). For 50 servings, use 2 pans. For 100 servings, use 4 pans. Set aside for step 6.
4. For cornbread topping: Blend flour, cornmeal, sugar, baking powder, and salt in mixer for 1 minute on low speed.
5. In a separate bowl, mix eggs, milk, and oil. Add to dry ingredients. Blend 2-3 minutes on medium speed until dry ingredients are moistened. Batter will be lumpy.
6. Pour 2 lb 5 oz (1 qt 1/2 cup) batter over meat mixture in each pan and spread into corners of pan.
7. Bake: Conventional oven: 400° F for 30-35 minutes
Convection oven: 350° F for 25-30 minutes CCP: Heat to 165° F or higher for at least 15 seconds.
8. Sprinkle 13 oz (3 1/4 cups) cheese over cornbread in each pan.

9. CCP: Hold for hot service at 135° F or higher. Cut each pan 5 x 5 (25 portions per pan).

10. If desired, serve with taco sauce

Notes

Serving:

Legume as Vegetable: 1 1/4 oz equivalent meat/meat alternate, 1/4 cup legume vegetable, 1/4 cup red/orange vegetable, 1/8 cup other vegetable, and 1 oz equivalent grains. Legume vegetable can be counted as either a meat alternate or as a legume vegetable but not as both simultaneously.

Comments:

*See Marketing Guide.

†Mexican Seasoning Mix (see G-01A, Sauces, Gravies, and Seasoning Mixes) may be used to replace these ingredients. For 50 servings, use 1/2 cup 1 Tbsp Mexican Seasoning Mix. For 100 servings, use 1 cup 2 Tbsp Mexican Seasoning Mix.

Special Tips:

1) For 50 servings, use 2 oz (1/2 cup) dried whole eggs and 1/2 cup water in place of eggs.

For 100 servings, use 3 1/2 oz (1 1/4 cups) dried whole eggs and 1 1/4 cups water in place of eggs.

2) SOAKING BEANS

Overnight method: Add 1 3/4 qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with cooking beans.

Quick-soak method: Boil 1 3/4 qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with cooking beans.

COOKING BEANS

Once the beans have been soaked, add 1/2 tsp salt for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours.

Use hot beans immediately.

CCP: Hold for hot service at 135° F.

OR

Chill for later use.

CCP: Cool to 70° F within 2 hours and to 41° F or lower within an additional 4 hours.

1 lb dry pinto beans = about 2 ½ cups dry or 5 ¼ cups cooked pinto beans.

A new nutrient analysis will be coming. Updated July 2014. Restandardization in progress.

Beef or Pork Burrito

Makes: 50 or 100 servings

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Raw ground beef (no more than 15% fat)	5 lb 2 oz		10 lb 4 oz	
OR	OR		OR	
Raw ground pork (no more than 15% fat)	5 lb 2 oz		10 lb 4 oz	
*Fresh onions, chopped	5 oz	3/4 cup 2 Tbsp	10 oz	1 3/4 cups
OR	OR	OR	OR	OR
Dehydrated onions	1 oz	1/2 cup	2 oz	1 cup
Granulated garlic		1 Tbsp		2 Tbsp
Ground black or white pepper		2 tsp		1 Tbsp 1 tsp
Canned low-sodium tomato paste	1 lb 12 oz	3 cups 2 Tbsp (1/4 No. 10 can)	3 lb 8 oz	1 qt 2 1/4 cups (1/2 No. 10 can)
Water		1 qt 2 cups		3 qt
Chili powder		3 Tbsp		1/4 cup 2 Tbsp
Ground cumin		2 Tbsp		1/4 cup
Paprika		1 Tbsp		2 Tbsp
Onion powder		1 Tbsp		2 Tbsp
Reduced fat cheddar cheese, shredded	2 lb 8 oz	2 qt 2 cups	5 lb	1 gal 1 qt
Whole grain-rich flour tortillas (1 oz)		50 each		100 each
Reduced fat Cheddar cheese, shredded (optional)	13 oz	3 1/4 cups	1 lb 10 oz	1 qt 2 1/2 cups

Nutrition Information

Meal Components

Vegetables

_ Dark Green 1/8 cup

_ Red & Orange 1/8 cup

Grains 1 ounce

Meat / Meat Alternate 2 ounces

Directions

1. Brown ground beef or pork. Drain. Continue immediately.

2. Add onions, granulated garlic, pepper, tomato paste, water, and seasonings. Blend well. Simmer for 30 minutes.
3. Combine shredded cheese with meat mixture.
4. Steam tortillas for 3 minutes until warm. OR Place in warmer to prevent torn tortillas when folding.
5. Portion meat mixture with heaping No. 12 scoop (¾ cup plus 1 Tbsp) onto each tortilla. Fold around meat envelope style.
6. Place folded burritos seam side down on sheet pans (18" x 26" x 1") which have been lightly coated with pan release spray, 33-35 burritos per pan. For 50 servings, use 2 pans. For 100 servings, use 3 pans.
7. Bake: Conventional oven: 375° F for 15 minutes
Convection oven: 325° F for 15 minutes CCP: Heat to 165° F or higher for at least 15 seconds.
8. CCP: Hold for hot service at 135° F or higher. Sprinkle shredded cheese (optional) evenly over burritos before serving.

Notes

Comments:

*See Marketing Guide.

†Mexican Seasoning Mix (see G-01A, Sauces, Gravies, and Seasoning Mixes) may be used to replace these ingredients.

For 50 servings, use ¼ cup 3 Tbsp Mexican Seasoning Mix. For 100 servings, use ¾ cup 2 Tbsp Mexican seasoning Mix.

A new nutrient analysis will be coming. Updated July 2014. Restandardization in progress.

Beef or Pork Burrito (Using Canned Meats)

Makes: 50 or 100 Servings

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Canned beef with natural juices, undrained	6 lb 6 oz	3 1/2 No. 2 1/2 cans	12 lb 12 oz	7 No. 2 1/2 cans
OR	OR	OR	OR	OR
Canned pork with natural juices, undrained	6 lb 6 oz	3 1/2 No. 2 1/2 cans	12 lb 12 oz	7 No. 2 1/2 cans
*Fresh onions, chopped	5 oz	3/4 2 Tbsp	10 oz	1 3/4 cups
OR	OR	OR	OR	OR
Dehydrated onions	1 oz	1/2 cup	2 oz	1 cup
Granulated garlic		1 Tbsp		2 Tbsp
Ground black or white pepper		2 tsp		1 Tbsp 1 tsp
Canned low-sodium tomato paste	1 lb 12 oz	3 cups 2 Tbsp (1/4 No. 10 can)	3 lb 8 oz	1 qt 2 1/4 cups (1/2 No. 10 can)
Water		1 qt		2 qt
Chili powder		3 Tbsp		1/4 cup 2 Tbsp
Ground cumin		2 Tbsp		1/4 cup
Paprika		1 Tbsp		2 Tbsp
Onion powder		1 Tbsp		2 Tbsp
Reduced fat cheddar cheese, shredded	3 lb 3 oz	3 qt 3/4 cup	6 lb 6 oz	1 gal 2 3/8 qt
Whole grain-rich flour tortillas (1 oz)		50 each		100 each
Reduced fat Cheddar cheese, shredded (optional)	13 oz	3 1/4 cups	1 lb 10 oz	1 qt 2 1/2 cups

Nutrition Information

Meal Components

Vegetables

_ Red & Orange 1/8 cup

_ Other 1/8 cup

Grains 1 ounce

Meat / Meat Alternate 2 ounces

Directions

1. Remove fat from undrained canned beef or undrained canned pork

2. Add onions, garlic, pepper, tomato paste, water, and seasonings. Blend well. Simmer for 30 minutes.
3. Combine shredded cheese with meat mixture.
4. Steam tortillas for 3 minutes until warm. OR: Place in warmer to prevent torn tortillas when folding.
5. Portion meat mixture with No. 12 scoop (? cup) onto each tortilla. Fold around meat envelope style.
6. Place folded burritos seam side down on sheet pans (18" x 26" x 1") which have been lightly coated with pan release spray, 33-35 burritos per pan. For 50 servings, use 2 pans. For 100 servings, use 3 pans.
7. Bake: Conventional oven: 375° F for 15 minutes. Convection oven: 325° F for 15 minutes. CCP: Heat to 165° F or higher for at least 15 seconds.
8. CCP: Hold for hot service at 135° F or higher. Sprinkle shredded cheese (optional) evenly over burritos before serving.

Notes

Comments:

*See Marketing Guide.

†Mexican Seasoning Mix (see G-01A, Sauces, Gravies, and Seasoning Mixes) may be used to replace these ingredients. For 50 servings, use ¼ cup 3 Tbsp Mexican Seasoning Mix. For 100 servings, use ¾ cup 2 Tbsp Mexican seasoning Mix.

A new nutrient analysis will be coming. Updated July 2014. Restandardization in progress.

Beef or Pork Taco

Makes: 50 or 100 Servings

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Raw ground beef (no more than 15% fat)	6 lb 6 oz	N/A	12 lb 12 oz	N/A
*Fresh onions, chopped	5 oz	3/4 cup 2 Tbsp	10 oz	1 3/4 cups
OR	OR	OR	OR	OR
Dehydrated onions	1 oz	1/2 cup	2 oz	1 cup
Granulated garlic		1 Tbsp 1 1/2 tsp		3 Tbsp
Ground black or white pepper		2 tsp		1 Tbsp 1 tsp
Canned low-sodium added tomato paste	14 oz	1 1/2 cups 1 Tbsp (1/8 No. 10 can)	1 lb 12 oz	3 cups 2 Tbsp (1/4 No. 10 can)
Water		1 qt		2 qt
Chili powder		2 Tbsp		1/4 cup
Ground cumin		1 Tbsp 1 1/2 tsp		3 Tbsp
Paprika		1 1/2 tsp		1 Tbsp
Onion powder		1 1/2 tsp		1 Tbsp
Reduced fat cheddar cheese, shredded	1 lb 10 oz	1 qt 2 1/2 cups	3 lb 4 oz	3 qt 1 cup
*Fresh lettuce, shredded	2 lb 7 oz	1 gal 2 cups	4 lb 14 oz	2 gal 1 qt
*Fresh tomatoes, chopped	1 lb 5 oz	2 3/4 cups 2 Tbsp	2 lb 10 oz	1 qt 1 3/4 cups
Whole wheat or whole corn taco shells (at least 0.5 oz each)		100 each		200 each

Nutrition Information

Meal Components

Vegetables

- _ Red & Orange 1/8 cup
- _ Other 1/8 cup

Grains 1 ounce

Meat / Meat Alternate 2 ounces

Directions

1. Brown ground beef or pork. Drain. Continue immediately.
2. Add onions, granulated garlic, pepper, tomato paste,

water, and seasonings. Blend well. Bring to boil. Reduce heat and simmer for 25-30 minutes. Stir periodically. CCP: Heat to 155 ° F for at least 15 seconds.

3. CCP: Hold for hot service at 135° F or higher.

4. For topping: Set cheese aside for step 5. Combine lettuce and tomatoes. Toss lightly. Set mixture aside for step 5.

5. **Serving suggestions (see below)

Notes

Comments:

*See Marketing Guide.

†Mexican Seasoning Mix (see G-01A, Sauces, Gravies, and Seasoning Mixes) may be used to replace these ingredients. For 50 servings, use ¼ cup 1 ½ tsp Mexican Seasoning Mix. For 100 servings, use ½ cup 1 Tbsp Mexican seasoning Mix.

**Serving suggestions (2 tacos per serving):

A. Before serving or on serving line, fill each taco shell with a No. 30 scoop (2 Tbsp) meat mixture. On each student tray, serve 2 tacos, No. 10 scoop (? cup) lettuce and tomato mixture, and ½ oz (2 Tbsp) shredded cheese.

OR

B.1. Preportion No. 10 scoop (? cup) lettuce and tomato mixture and ½ oz (2 Tbsp) shredded cheese into individual soufflé cups. Refrigerate until service.

B2. Transfer meat mixture and taco shells to steamtable pans. On each student tray, serve 2 unfilled taco shells, 2 No. 30 scoops (¼ cup ½ tsp) meat mixture, with preportioned lettuce and tomato mixture and preportioned cheese. Instruct students to "build" their own tacos.

A new nutrient analysis will be coming. Updated July 2014. Restandardization in progress.

Beef or Pork Taco (Using Canned Meats)

Makes: 50 or 100 Servings

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Canned beef with natural juices, undrained	9 lb 4 oz	5 1/8 No. 2 1/2 cans	18 lb 8 oz	10 1/4 No. 22 cans
OR	OR	OR	OR	OR
Canned pork with natural juices, undrained	9 lb 4 oz	5 1/8 No. 2 1/2 cans	18 lb 8 oz	10 1/4 No. 22 cans
*Fresh onions, chopped	5 oz	3/4 cup 2 Tbsp	10 oz	1 3/4 cups
OR	OR	OR	OR	OR
Dehydrated onions	1 oz	1/2 cup	2 oz	1 cup
Granulated garlic		1 Tbsp 1 1/2 tsp		3 Tbsp
Ground black or white pepper		2 tsp		1 Tbsp 1 tsp
Canned low-sodium added tomato paste	14 oz	1 1/2 cups 1 Tbsp (1/8 No. 10 can)	1 lb 12 oz	3 cups 2 Tbsp (1/4 No. 10 can)
Water		2 cups		1 qt
Chili powder		2 Tbsp		1/4 cup
Ground cumin		1 Tbsp 1 1/2 tsp		3 Tbsp
Paprika		1 1/2 tsp		1 Tbsp
Onion powder		1 1/2 tsp		1 Tbsp
Reduced fat cheddar cheese, shredded	1 lb 10 oz	1 qt 2 1/2 cups	3 lb 4 oz	3 qt 1 cup
*Fresh tomatoes, chopped	1 lb 5 oz	2 3/4 cups	2 lb 10 oz	1 qt 1 1/2 cups
*Fresh lettuce, shredded	2 lb 7 oz	1 gal 2 cups	4 lb 14 oz	2 gal 1 qt
Whole wheat or whole corn taco shells (at least 0.5 oz each)		100 each		200 eac

Nutrition Information

Meal Components

Vegetables

_ Red & Orange 1/8 cup

_ Other 1/8 cup

Grains 1 ounce

Meat / Meat Alternate 2 ounces

Directions

1. Remove fat from undrained canned beef or undrained canned pork.
2. Add onions, granulated garlic, pepper, tomato paste, water, and seasonings. Blend well. Bring to boil. Reduce heat and simmer for 25-30 minutes. Stir periodically. CCP: Heat to 140° F for at least 15 seconds.
3. CCP: Hold for hot service at 135° F or higher.
4. For topping: Set cheese aside for step 5. Combine tomatoes and lettuce. Toss lightly. Set mixture aside for step 5.

Notes

Serving suggestions (2 tacos per serving)

A. Before serving or on serving line, fill each taco shell with a No. 12 scoop (? cup) meat mixture per two shells. On each student tray, serve 2 tacos, No. 10 scoop (? cup) lettuce and tomato mixture, and ½ oz (2 Tbsp 1 tsp) shredded cheese.

OR

B.1. Preportion No. 10 scoop (? cup) lettuce and tomato mixture and ½ oz (2 Tbsp 1 tsp) shredded cheese into individual soufflé cups. Refrigerate until service.

B.2. Transfer meat mixture and taco shells to steamtable pans. On each student tray, serve 2 unfilled taco shells, 2 No. 12 scoops (? cup) meat mixture, with preportioned lettuce and tomato mixture and preportioned cheese.

Instruct students to "build" their own tacos.

Comments:

*See Marketing Guide.

†Mexican Seasoning Mix (see G-01A, Sauces, Gravies, and Seasoning Mixes) may be used to replace these ingredients. For 50 servings, use ¼ cup 1 ½ tsp Mexican Seasoning Mix. For 100 servings, use ½ cup 1 Tbsp Mexican Seasoning Mix.

A new nutrient analysis will be coming. Updated July 2014. Restandardization in progress.

Beef Shepherds Pie

Makes: 50 or 100 Servings

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Raw ground beef (no more than 20% fat)	8 lb 8 oz		17 lb	
*Fresh onions, diced	8 oz	1 1/3 cups	1 lb	2 2/3 cups
OR	OR	OR	OR	OR
Dehydrated onions	1 1/2 oz	3/4 cup	3 oz	1 1/2 cups
Frozen sliced carrots	2 lb 6 oz	2 qt 1/2 cup	4 lb 12 oz	1 gal 1 cup
AND	AND	AND	AND	AND
Frozen peas	2 lb 6 oz	1 qt 3 1/2 cups	4 lb 12 oz	3 qt 3 cups
OR	OR	OR	OR	OR
Frozen mixed vegetables	6 lb 1 oz	3 qt 2 3/4 cups	12 lb 2 oz	1 gal 3 3/8 qt
Beef stock, non-MSG		2 qt		1 gal
Cornstarch	4 oz	3/4 cup 2 Tbsp	8 oz	1 3/4 cups
Water, cold		1 cup		2 cups
Dried thyme		1 Tbsp		2 Tbsp
Ground black or white pepper		2 tsp		1 Tbsp 1 tsp
Onion salt		2 tsp		1 Tbsp 1 tsp
Salt		2 tsp		1 Tbsp 1 tsp
Water, boiling		1 qt 2 cups		3 qt
Lowfat 1% milk, hot		1 qt 2 cups		3 qt
Margarine or butter	6 oz	3/4 cup	12 oz	1 1/2 cups
Potato flakes	2 lb	1 gal 2 cups	4 lb	2 gal 1 qt
Salt		2 1/2 tsp		1 Tbsp 2 tsp
Paprika		1 tsp		2 tsp

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	294	
Total Fat	13.24 g	
Protein	19.48 g	
Carbohydrates	23.77 g	
Dietary Fiber	3.3 g	
Saturated Fat	5.09 g	
Sodium	442 mg	

Meal Components

Vegetables	1/4 cup
Starchy	1/2 cup
Meat / Meat Alternate	2 ounces

Directions

1. Brown ground beef. Drain. Continue to next step

immediately.

2. Add onions to ground beef and sauté for 5 minutes or until translucent.
3. Mix frozen carrots and frozen peas into ground beef mixture. Set aside.
4. Gravy: Heat beef stock in steam-jacketed kettle to a boil. Combine cornstarch and cold water in a bowl. Slowly add cornstarch mixture to beef stock, stirring constantly. Reheat to a boil . Remove from heat and reserve for step 5.
5. Add thyme, pepper, onion salt, and salt to cornstarch gravy.
6. Add gravy to ground beef mixture.
7. Pour 3 qt 3 cups (8 lb) of ground beef mixture into each steamtable pan (12" x 20" x 2 ½"). For 50 servings, use 2 pans. For 100 servings, use 4 pans.
8. Place boiling water and milk in a large mixer bowl. Add margarine, potato flakes, and salt. Mix with a paddle attachment for 1 minute, until well blended.
9. Spread 4 lb 2 oz (2 qt ¾ cup) of mashed potatoes over the ground beef mixture in each steamtable pan. Sprinkle with paprika.
10. Bake: Conventional oven: 375° F for 45 minutes
Convection oven: 350° F for 30 minutes CCP: Heat to 165° F or higher for at least 15 seconds.
11. CCP: Hold for hot service at 135° F or higher. Cut each pan 5 x 5 (25 portions per pan).

Notes

* See Marketing Guide.

Beef Stew

Makes: 50 or 100 Servings

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Raw beef stew meat, practically free of fat	10 lb 4 oz		20 lb 8 oz	
Vegetable oil		1/2 cup		1 cup
*Fresh onions, quartered OR Dehydrated onions	1 lb OR 1 1/4 oz		2 lb OR 2 1/2 oz	
Enriched all-purpose flour	12 oz	2 3/4 cups	1 lb 8 oz	1 qt 1 1/2 cups
Granulated garlic		1 Tbsp 1 1/2 tsp		3 Tbsp
Paprika		1 Tbsp		2 Tbsp
Ground black or white pepper		1 1/2 tsp		1 Tbsp
Salt		1 Tbsp		2 Tbsp
Dried thyme		1 tsp		2 tsp
Water or beef stock, non-MSG		1 gal 2 qt		3 gal
Canned low-sodium sliced carrots, drained	4 lb 6 oz	2 qt 2 cups (1 No. 10 can)	8 lb 12 oz	1 gal 1 qt (2 No. 10 cans)
Canned small whole potatoes, drained	3 lb 8 oz	1 qt 2 cups (3/4 No. 10 can)	7 lb	3 qt (1 1/2 No. 10 cans)
Canned low-sodium sliced green peas, drained	3 lb 8 oz	1 qt 2 cups (3/4 No. 10 can)	7 lb	3 qt (1 1/2 No. 10 cans)

Nutrition Information

Meal Components

Vegetables

_ Starchy	1/4 cup
_ Red & Orange	1/8 cup
_ Other	1/8 cup

Meat / Meat Alternate 2 ounces

Directions

1. Brown beef cubes in oil. Drain. Continue to next step immediately.
2. Add onions, flour, granulated garlic, paprika, pepper, salt, and thyme. Cook 5 minutes.

3. Add water or stock. Bring to boil. Reduce heat and cover. Simmer for approximately 1 1/2 hours, or until meat is tender.
4. Add carrots, potatoes, and peas. Cook until vegetables are heated through, approximately 15 minutes. CCP: Heat to 165° F or higher at least 15 seconds.
5. Pour into medium half-steamtable pans (10" x 12" x 4"). For 50 servings, use 3 pans. For 100 servings, use 6 pans.
6. CCP: Hold for hot service at 135° F or higher. Portion with 8 oz ladle (1 cup)

Notes

Comments:

*See Marketing Guide.

A new nutrient analysis will be coming. Updated July 2014. Restandardization in progress.

Beef Stir-Fry

Makes: 50 or 100 Servings

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Cornstarch	4 1/2 oz	1 cup	9 oz	2 cups
Water, cold		1/2 cup		1 cup
Low-sodium soy sauce		1/2 cup		1 cup
Ground ginger		1/2 tsp		1 tsp
Granulated garlic		3 Tbsp		1/4 cup 2 Tbsp
Ground black or white pepper		2 tsp		1 Tbsp 1 tsp
Low-sodium beef stock, non-MSG		2 qt		1 gal
*Fresh carrots, peeled, 1/4" chopped	5 lb 10 oz	1 gal 1 1/2 qt	11 lb 4 oz	2 gal 3 qt
OR	OR	OR	OR	OR
Frozen sliced carrots	6 lb 12 oz	1 gal 2 qt	13 lb 8 oz	3 gal
Vegetable oil		1/2 cup		1 cup
*Fresh onions, diced	1 lb 6 oz	3 2/3 cups	2 lb 12 oz	1 qt 3 1/3 cups
*Fresh broccoli, chopped	4 lb 1 oz	1 gal 3 1/4 qt	8 lb 2 oz	3 gal 2 1/2 qt
OR	OR	OR	OR	OR
Frozen mixed oriental vegetables	4 lb 15 oz	2 qt	9 lb 14 oz	1 gal
Salt		2 tsp		1 Tbsp 1 tsp
Raw boneless beef to round (inside, cap off), cut in 1/2" cubes	10 lb		20 lb	
Vegetable oil		1 cup		2 cups

Nutrition Information

Meal Components

Vegetables

_ Dark Green 1/4 cup

_ Red & Orange 1/4 cup

Meat / Meat Alternate 2 ounces

Directions

1. Dissolve cornstarch in water and soy sauce. Add ginger, granulated garlic, and pepper.

2. Heat beef stock to a boil and slowly stir in cornstarch mixture. Return to a simmer.
3. Cook for 3-5 minutes, until thickened. Remove from heat.
4. Prepare no more than 50 portions per batch. Sauté carrots in oil for 4 minutes.
5. Add onions and cook for 1 minute
6. Add broccoli and cook for 2 more minutes. Remove to steamtable pan (12" x 20" x 2 ½"). For 50 servings, use 2 pans. Add salt. Keep warm.
7. Sauté beef cubes in oil for 2-3 minutes. Add beef to vegetables in steamtable pan. Add sauce and mix to coat beef and vegetables. CCP: Heat to 165° F or higher for at least 15 seconds.
8. CCP: Hold for hot service at 135° F or higher. Portion with 2 rounded No. 10 scoops (¾ cup 1 Tbsp).

Notes

Comments:

*See Marketing Guide.

Special Tips:

- 1) For an authentic Asian flavor, substitute ¼ cup of sesame oil for ¼ cup of vegetable oil to sauté beef, for each 50 servings.
- 2) Fresh vegetable mixes can be varied to include combinations of broccoli, cabbage, celery, Chinese pea pods, onions, peppers, and water chestnuts.
- 3) Reduce salt if using regular soy sauce.
- 4) If using Oriental vegetables, add frozen vegetables to sautéed beef in step 7.

A new nutrient analysis will be coming. Updated July 2014. Restandardization in progress.

Beef Taco Pie

Makes: 50 or 100 Servings

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Raw ground beef (no more than 20% fat)	5 lb 14 oz		11 lb 12 oz	
Taco seasoning mix	6 oz	1 cup	12 oz	2 cups
Water		2 1/2 cups		1 qt 1 cup
Canned salsa	2 lb 3 oz	1 qt 1/4 cup (1/3 No. 10 can)	4 lb 6 oz	2 qt 1/2 cup (2/3 No. 10 can)
Canned tomato puree	2 lb 6 oz	1 qt 1/4 cup (1/3 No. 10 can 3/4 cup)	4 lb 12 oz	2 qt 1/2 cup (3/4 No. 10 can 1/2 cup)
Water		1 qt		2 qt
Whole grain-rich tortillas, 8-inch (at least 1.5 oz each)		40 each		80 each
Reduced fat cheddar cheese, shredded	2 lb	2 qt	4 lb	1 gal

Directions

1. Brown ground beef. Drain. Continue to next step immediately.
2. Sprinkle the taco seasoning mix over beef.
3. Add water and allow to simmer for 15 minutes.
4. In a bowl, combine salsa, tomato puree, and water.
5. Cut tortillas in halves.
6. Lightly coat steamtable pans (12" x 20" x 2 1/2") with pan release spray. For 50 servings, use 2 pans. For 100 servings, use 4 pans.
7. Assembly: Bottom layer: Place 16 half-tortillas in bottom

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	304	
Total Fat	12.95 g	
Protein	19.65 g	
Carbohydrates	26.43 g	
Dietary Fiber	2.1 g	
Saturated Fat	5.72 g	
Sodium	753 mg	

Meal Components

Vegetables	
Red & Orange	1/4 cup
Grains	1 1/2 ounces
Meat / Meat Alternate	2 ounces

of pan. Distribute 1 lb 3 oz (3 ½ cups) of the meat mixture on top of tortillas. Spread 1 lb 3 oz (2 cups) taco sauce over the meat mixture. Sprinkle 6 oz (1 ½ cups) shredded cheese over taco sauce Middle layer: Place 12 half-tortillas on top of the taco sauce. Distribute 1 lb 3 oz (3 ½ cups) of meat mixture on top of the tortillas. Spread 1 lb 3 oz (2 cups) taco sauce over the meat mixture. Sprinkle 6 oz (1 ½ cups) shredded cheese over taco sauce.

8. Top layer: Place 12 half-tortillas on top of the taco sauce. Divide the remaining meat mixture on top of the tortillas. Divide the remaining taco sauce over the meat mixture. Sprinkle 4 oz (1 cup) of shredded cheese evenly over the taco sauce.

9. Tightly cover pans.

10. Bake: Conventional oven: 350° F for 30 minutes. Convection oven: 325° F for 20 minutes. CCP: Heat to 165° F or higher for at least 15 seconds.

11. CCP: Hold for hot service at 135° F or higher. Let pie rest for 5 minutes before portioning. Cut each pan 5 x 5 (25 pieces per pan).

Beef Tamale Pie

Makes: 50 or 100 servings

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Raw ground beef (no more than 15% fat)	5 lb 14 oz		11 lb 12 oz	
*Fresh onions, chopped	14 oz	2 1/3 cups	1 lb 12 oz	1 qt 2/3 cups
Dehydrated onions	2 1/2 oz	1 1/4 cups	5 oz	2 1/2 cups
OR	OR	OR	OR	OR
Granulated garlic		2 Tbsp		1/4 cup
Ground black or white pepper		1 1/2 tsp		1 Tbsp
Canned low-sodium tomato paste	1 lb 12 oz	3 cups 2 Tbsp (1/4 No. 10 can)	3 lb 8 oz	1 qt 2 1/4 cups (1/2 No. 10 can)
Canned low-sodium diced tomatoes, with juice	3 lb 3 oz	1 qt 2 1/4 cups (1/2 No. 10 can)	6 lb 6 oz	3 qt 1/2 cup (1 No. 10 can)
Water		1 qt 1 cup		2 qt 2 cups
Chili powder		1/4 cup		1/2 cup
Ground cumin		3 Tbsp		1/4 cup 2 Tbsp
Paprika		1 Tbsp		2 Tbsp
Onion powder		1 Tbsp		2 Tbsp
Whole wheat/enriched blend flour	1 lb	3 3/4 cups	2 lb	1 qt 3 1/2 cups
Stone ground cornmeal	1 lb	3 3/4 cups	2 lb	1 qt 3 1/2 cups
Sugar	3 1/2 oz	1/2 cup	7 oz	1 cup
baking powder	1 oz	2 Tbsp 1 tsp	2 oz	1/3 cup
Salt		3/4 tsp		1 1/2 tsp
Frozen whole eggs, thawed	6 oz	3/4 cup	12 oz	1 1/2 cups
OR	OR	OR	OR	OR
Fresh large eggs (see Special Tip)		4 each		7 each
Instant nonfat dry milk,				

Nutrition Information

Meal Components

Vegetables

- _ Red & Orange 1/4 cup
- _ Other 1/8 cup

Grains 1 ounce

Meat / Meat Alternate 2 ounces

				cups
Vegetable oil		1/2 cup		1 cup
Reduced fat cheddar cheese, shredded	1 lb 10 oz	1 qt 3 1/2 cups	3 lb 4 oz	3 qt 1 cup

Directions

1. Brown ground beef. Drain. Continue immediately.
2. Add onions, granulated garlic, pepper, tomato paste, tomatoes, water, and seasonings. Blend well. Bring to boil. Reduce heat and simmer for 20-25 minutes. CCP: Heat to 155° F for at least 15 seconds. Ground beef mixture may be prepared ahead and refrigerated overnight. CCP: Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an additional 4 hours.
3. Pour 5 lb 8 oz (2 qt 2 cups) mixture into each steamtable pan (12" x 20" x 2 ½"). For 50 servings, use 2 pans. For 100 servings, use 4 pans. Set aside for step 6.
4. For cornbread topping: Blend flour, cornmeal, sugar, baking powder, and salt in mixer for 1 minute on low speed.
5. In a separate bowl, mix eggs, milk, and oil. Add to dry ingredients. Blend 2-3 minutes on medium speed until dry ingredients are moistened. Batter will be lumpy.
6. Pour 2 lb 5 oz (1 qt ½ cup) batter over meat mixture in each pan and spread into corners of pan.
7. Bake: Conventional oven: 400° F for 30-35 minutes, Convection oven: 350° F for 25-30 minutes CCP: Heat to 165° F or higher for at least 15 seconds.
8. Sprinkle 13 oz (3 ¼ cups) cheese over cornbread in each pan.
9. CCP: Hold for hot service at 135° F or higher. Cut each pan 5 x 5 (25 portions per pan).
10. If desired, serve with taco sauce.

Notes

Comments:

*See Marketing Guide.

†Mexican Seasoning Mix (see G-01A, Sauces, Gravies, and Seasoning Mixes) may be used to replace these ingredients. For 50 servings, use ½ cup 1 Tbsp Mexican Seasoning Mix. For 100 servings, use 1 cup 2 Tbsp Mexican Seasoning Mix.

Special Tip:

For 50 servings, use 2 oz (½ cup) dried whole eggs and ½ cup water in place of eggs.

For 100 servings, use 3 ½ oz (1 ¼ cups) dried whole eggs and 1 ¼ cups water in place of eggs.

A new nutrient analysis will be coming. Updated July 2014. Restandardization in progress.

Beef Vegetable Soup

Makes: 50 or 100 servings

Ingredients	50 Servings		100 Servings	
	Weight	Measure	Weight	Measure
Raw ground beef (no more than 15% fat)	2 lb 2 1/2 oz		4 lb 5 oz	
OR	OR		OR	
Canned beef with natural juices, undrained	3 lb 3 oz	1 3/4 No. 2 1/2 cans	6 lb 6 oz	3 1/2 No. 2 1/2 cans
Beef stock, non-MSG		1 gal 3 1/2 qt		3 gal 3 qt
Canned low-sodium diced tomatoes, with juice	6 lb 6 oz	3 qt 1/2 cup (1 No. 10 can)	12 lb 12 oz	1 gal 2 1/4 qt (2 No. 10 cans)
*Fresh celery, chopped	10 oz	2 1/2 cups	1 lb 4 oz	1 qt 1 cup
*Fresh onions, chopped	1 lb	2 2/3 cups	2 lb	1 qt 1 1/3 cups
OR	OR	OR	OR	OR
Dehydrated onions	3 oz	1 1/2 cups	6 oz	3 cups
Ground black or white pepper		1 tsp		2 tsp
Dried parsley		1/4 cup		1/2 cup
Granulated garlic		2 Tbsp		1/4 cup
Canned low-sodium added liquid pack whole-kernel corn, drained	1 lb 2 1/2 oz	2 3/4 cups (1/4 No. 10 can)	2 lb 5 oz	1 qt 1 1/2 cups (1/2 No. 10 can)
OR	OR	OR	OR	OR
Frozen whole-kernel corn	1 lb 1 1/2 oz	3 1/4 cups	2 lb 3 oz	1 qt 2 1/2 cups
Canned low-sodium diced carrots, drained	1 lb 2 oz	2 1/2 cups (1/4 No. 10 can)	2 lb 4 oz	1 qt 1 cup (1/2 No. 10 can)
OR	OR	OR	OR	OR
Frozen sliced carrots	1 lb 6 oz	1 qt 1 cup	2 lb 12 oz	2 qt 2 cups
Canned low-sodium cut green beans, drained	15 oz	3 1/2 cups (1/4 No. 10 can)	1 lb 14 oz	1 qt 3 cups (1/2 No. 10 can)
OR	OR	OR	OR	OR
Frozen cut green beans	15 oz	3 1/2 cups	1 lb 14 oz	1 qt 3 cups

Nutrition Information

Meal Components

Vegetables

_ Other 1/8

green peas, drained		(1/4 No. 10 can)		(1/2 No. 10 can)
OR	OR	OR	OR	OR
Frozen green peas	1 lb 4 oz	1 qt	2 lb 8 oz	2 qt

Directions

1. Brown ground beef. Drain. Continue immediately.
2. Combine stock, cooked ground beef or canned beef, tomatos, celery, onions, pepper, parsley, and granulated garlic. Bring to boil.
3. Reduce heat and cover. Simmer for 20 minutes.
4. Add corn, carrots, green beans, and green peas. (Frozen vegetables may be combined with canned vegetables.)
5. Cover and simmer for 15 minutes, or until vegetables are tender. CCP: Heat to 165° F or higher for at least 15 seconds
6. Pour 9 lb 1 ¼ oz (1 gal ? cup) into medium steamtable pan (12" x 20" x 4"). For 50 servings, use 3 pans. For 100 servings, use 6 pans.
7. CCP: Hold for hot service at 135° F or higher. Portion with 8 oz ladle (1 cup).

Notes

Comments:

*See Marketing Guide.

Updated July 2014. Restandarization in progress. A new nutrient analysis will be coming.

Beefy Barley Stew

Makes: 6 Servings

Ingredients

6 ounces Beef, ground 90% lean
2/3 cup barley
2 1/4 teaspoons chili powder
1 1/4 teaspoons salt
1/4 teaspoon black pepper
1 1/2 Stalks of Celery, raw
1 1/2 Medium Carrots, raw
1 Small Potatoes, raw or frozen
1/4 cup catsup
1 1/3 cups water



Directions

1. Brown ground beef in 20-quart stock pot.
2. Pare potatoes and cube.
3. Rinse carrots and celery, slice.
4. Drain ground beef. Return to stock pot.
5. Add vegetables and remaining ingredients. Bring to a boil.
6. Reduce heat to a simmer. Cover and cook approximately 45 minutes or until carrots, potatoes, and celery are tender.

Notes

Serving size: 1 cup

Black Bean Bandits

Makes: 6 Servings

Ingredients

3/4 cup sweet potato
1 1/3 cups canned black beans
1/2 cup Tomatoes, raw
1/2 cup cilantro
1/4 teaspoon Red or Cayenne Pepper
1 1/3 cups + 1 1/2 Tbsp Ortega Mild Enchilada Sauce
7 1/4 6" Corn Tortillas
1 1/4 cups Reduced Fat Cheddar Cheese, shredded



Directions

1. Dice sweet potatoes into 1/4" pieces.
2. Place diced sweet potato in a stockpot of boiling water or a steamer for about 20 minutes or until tender.
3. Drain sweet potato and rinse with cool water.
4. Drain sweet potato again and place in a large mixing bowl.
5. Drain and rinse black beans.
6. Add drained black beans to the sweet potato in the bowl.
7. Wash tomatoes thoroughly.
8. Remove cores from tomatoes and chop into 1/4" pieces.
9. Add chopped tomatoes to sweet potato and black beans.
10. Wash cilantro thoroughly.
11. Roughly chop cilantro and add to sweet potato, black beans and tomato in bowl.
12. Add cayenne or red pepper to the bowl and stir to combine mixture thoroughly.

13. Coat the bottom of each rectangular 11x 7x 2" cooking dish (6 servings) with 1/3 of enchilada sauce.
14. Cover the bottom of each rectangular 11x 7x 2" dish evenly with 1/3 of tortillas. Set remaining tortillas aside.
15. Cover with 1/3 of the sweet potato and black bean mixture. Set remaining sweet potatoes and black bean mixture aside.
16. Sprinkle 1/3 of the shredded cheddar cheese on the sweet potato and black bean mixture.
17. Cover cheese with another 1/3 of enchilada sauce.
18. Cover sauce with another layer of 1/3 of the corn tortillas.
19. Cover tortillas with another layer of 1/3 of the sweet potato and black bean mixture.
20. Sprinkle another 1/3 of the shredded cheddar cheese on the sweet potato and black bean mixture.
21. Repeat layers one more time-- starting with enchilada sauce ending with shredder cheddar cheese.
22. Bake:
 - Conventional Oven: 350°F for 30 minutes.
 - Convection Oven: 325°F for 25 minutes.
23. Cut each cooking dish 2x3 for 6 servings.

Notes

Serving Size: 1 piece

CCP: Heat 165°F or higher for at least 15 seconds

CCP: Hold for hot service at 135°F or higher

Black Bean Salad and Shredded Carrot Lettuce Wrap

Rating: ★★☆☆

Makes: 8 Servings

Ingredients

- 1 cup** black beans, drained (15 oz)
- 1/2 cup** Red pepper, diced
- 1/2 cup** onion, diced
- 1/2 cup** Corn, fresh or frozen
- 1 tablespoon** cilantro
- 2 tablespoons** green onion
- 1/4 cup** Southwestern salad dressing
- 8** Leaves of Bibb lettuce, washed
- 4 ounces** shredded carrots

Directions

1. Combine black beans, red pepper, onion, corn, cilantro, and green onion. Toss with salad dressing.
2. Spoon the black bean salad into lettuce cups. Top with shredded carrots.
3. Serve.

National Food Service Management Institute

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	80	
Total Fat	0.5 g	
Protein	4 g	
Carbohydrates	13 g	
Dietary Fiber	5 g	
Saturated Fat	NA	
Sodium	210 mg	

Bok Choy Wrappers

Rating: ★★ ★

Prep time: 15 minutes

Cook time: 1hour, 15minutes

Makes: 12 Wraps

This dish offers a sweet mixture of brown rice, juicy pineapple, tasty chicken, and bok choy, tossed with sweet and sour sauce and wrapped in a fresh, crisp romaine lettuce leaf.

Ingredients

- 1 1/2 cups** Brown rice, long-grain, regular, dry
- 1 3/4 cups** Fresh bok choy, sliced 1/4"
- 1 3/4 cups** Canned pineapple tidbits, in 100% juice
- 12 ounces** Cooked chicken strips
- 3/4 cup** Sweet and sour sauce
- 1 teaspoon** low-sodium soy sauce
- 12** Leaves of fresh romaine lettuce, outer leaves

Directions

1. Preheat oven to 350 °F.
2. Combine brown rice and 3 ½ cups water in a large pot and bring to a rolling boil. Turn heat down to low. Cover and cook until water is absorbed, about 30-40 minutes. Fluff with a fork. A rice cooker may be used with the same quantity of brown rice and water.
3. In a medium bowl, combine brown rice, bok choy, pineapple, chicken, sweet and sour sauce, and soy sauce.



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	376	
Total Fat	11 g	
Protein	13 g	
Carbohydrates	56 g	
Dietary Fiber	5 g	
Saturated Fat	2 g	
Sodium	377 mg	

MyPlate Food Groups

Fruits	1/4 cup
Vegetables	3/4 cup
Grains	1 1/2 ounces
Protein Foods	1 ounce

4. Transfer mixture to an 8" x 8" nonstick baking pan coated with nonstick cooking spray. Bake at 350 °F for 30 minutes. Cook to an internal temperature of 165 °F or higher for at least 15 seconds (use a food thermometer to check the internal temperature).

5. Place two lettuce leaves on a plate. Top each with $\frac{3}{4}$ cup filling.

Optional: garnish with diced red peppers. Fold sides of lettuce in toward center; roll up like burrito. Place seam side down. Serve warm.

Notes

Our Story

Students with a passion for food were handpicked by their food science teacher. The culinary knowledge of their school nutrition professional and a local chef, along with the organizational skills of a community member, rounded out this recipe challenge team. They combined their love of food, clever personalities, and amazing ideas to create a recipe students would enjoy.

The team used bok choy, a dark-green leafy Chinese cabbage, a new vegetable for most students. They knew that presentation would be the key in getting students to try it.

This recipe challenged kids to try something new. Bok Choy Wrappers are not your typical wrap! They let you eat with your hands by making a wrap of crisp romaine lettuce leaves filled with a delicious and nutritious combination of chicken, pineapple, brown rice, and of course, bok choy!

Winograd K-8 Elementary School

Greeley, Colorado

School Team Members

School Nutrition Professional: Kara Sample, RD, SNS

Chef: Amanda Smith

Community Member: Emily Wigington (AmeriCorps
VISTA Volunteer)

Students: Jace K., Bethany V., Abraham A., and Amairani
P

Note: Serving size may be too large for younger children
and they may not be able to easily assemble the wrap.
Filling may also be served over a bed of romaine lettuce

Recipes for Healthy Kids Cookbook for Homes

Bok Choy Wrappers

Makes: 50 or 100 Servings

This dish offers a sweet mixture of brown rice, juicy pineapple, tasty chicken, and bok choy, tossed with sweet and sour sauce and wrapped in a fresh, crisp romaine lettuce leaf.

	50 Servings		100 Servings	
Ingredients	Weight	Measure	Weight	Measure
Water		1 gal 2 qt		3 gal
Brown rice, long-grain, regular, dry	5 lb	3 qt 1/2 cup	10 lb	1 gal 2 1/4 qt
*Fresh bok choy, sliced 1/4"	3 lb 6 oz	1 gal	6 lb 12 oz	2 gal
Canned pineapple tidbits, in 100% juice	6 lb 10 oz	3 qt (1 No. 10 can)	13 lb 4 oz	1 gal 2 qt (2 No. 10 can)
Frozen, cooked chicken strips, thawed	6 lb 2 oz	1 gal 2 qt	12 lb 4 oz	3 gal
Sweet and sour sauce		1 qt 2 qt		3 qt
Low-sodium soy sauce		2 Tbsp		1/4 cup
*Fresh romaine lettuce, outer leaves, rinsed, dry	5 lb	100 leaves	10 lb	200 leaves

Directions

1. Boil water.
2. Place 2 lb 8 oz brown rice in each steam table pan (12" x 20" x 2 1/2"). For 50 servings, use 2 pans. For 100 servings, use 4 pans.
3. Pour water (3 qt per steam table pan) over brown rice. Stir. Cover pans tightly.
4. Bake: Conventional oven: 350 °F for 40 minutes
Convection oven: 325 °F for 40 minutes.
5. Remove from oven and let stand covered for 5 minutes.



Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	376.1	
Total Fat	11.15 g	
Protein	12.83 g	
Carbohydrates	56.18 g	
Dietary Fiber	5.22 g	
Saturated Fat	2.32 g	
Sodium	376.84 mg	

Meal Components

Fruits	1/8 cup
Vegetables	
_ Dark Green	3/4 cup
Grains	1 1/2 ounces
Meat / Meat Alternate	1 ounce

6. Combine brown rice, bok choy, pineapple, chicken, sweet and sour sauce, and soy sauce. Pour into steam table pans (12" x 20" x 2 ½"). For 50 servings, use 2 pans. For 100 servings, use 4 pans.

7. Bake: Conventional oven: 350 °F for 30 minutes
Convection oven: 350 °F for 20 minutes. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.

8. Critical Control Point: Hold for hot service at 135 °F or higher.

9. Top each romaine lettuce leaf with a 6 fl oz spoodle (¾ cup) of filling. Optional: garnish with diced red peppers. Fold sides of lettuce in toward center; roll up like burrito. Place seam side down. Serve immediately.

10. Serve 2 wraps.

Notes

Our Story

Students with a passion for food were handpicked by their food science teacher. The culinary knowledge of their school nutrition professional and a local chef, along with the organizational skills of a community member, rounded out this recipe challenge team. They combined their love of food, clever personalities, and amazing ideas to create a recipe students would enjoy.

The team used bok choy, a dark-green leafy Chinese cabbage, a new vegetable for most students. They knew that presentation would be the key in getting students to try it.

This recipe challenged kids to try something new. Bok Choy Wrappers are not your typical wrap! They let you eat with your hands by making a wrap of crisp romaine lettuce leaves filled with a delicious and nutritious combination of chicken, pineapple, brown rice, and of course, bok choy!

Winograd K-8 Elementary School

Greeley, Colorado

School Team Members

School Nutrition Professional: Kara Sample, RD, SNS

Chef: Amanda Smith

Community Member:

Emily Wigington (AmeriCorps VISTA Volunteer)

Students: Jace K., Bethany V., Abraham A., and Amairani P

Note: Serving size may be too large for younger children and they may not be able to easily assemble the wrap. Filling may also be served over a bed of romaine lettuce.

*See Marketing Guide for purchasing information on foods that will change during 4 ½ lb preparation or when a variation of the ingredient is available.

Students can assemble their own lettuce wraps. Portion 1 ½ cups filling along side 2 romaine lettuce leaves. May also serve over a bed of romaine lettuce.

Extra lettuce leaves can be used for making salads.

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Bottom Pastry Crust (Sheet Pans)

Makes: 50 or 100 servings

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Whole wheat/enriched blend flour	1 lb 12 oz	1 qt 2 1/2 cups	3 lb 8 oz	3 qt 1 cup
Salt		1 1/2 tsp		1 Tbsp
Shortening	15 oz	2 1/4 cups	1 lb 14 oz	1 qt 1/2 cup
Water, cold		1 1/4 cups		2 1/2 cups

Nutrition Information

Meal Components

Grains 3/4 ounce

Directions

1. For bottom crust: Combine flour and salt. Mix in shortening until size of small peas.
2. Add water and mix just until dry ingredients are moistened.
3. Roll out pastry dough into rectangle (about 18" x 26") on lightly floured surface. Use about 3 lb 5 oz dough for each sheet pan (18" x 26" x 1"). For 50 servings, use 1 pan. For 100 servings, use 2 pans. Line bottom and sides of pans with dough.
4. Add desired filling, such as fruit or custard. Bake as directed in filling recipe. For Prebaked Crust: Prick crust well. Bake for 15 minutes at 400° F or until light brown. Cool. Add desired filling, such as chiffon or cooked filling.
5. Cut each sheet pan 5 x 10 (50 pieces per pan).

Notes

Special Tip:

1 sheet pan will yield 4, 9" single bottom pie crusts

A new nutrient analysis will be coming. Updated July 2014. Restandardization in progress.

Bread Stuffing

Makes: 50 or 100 Servings

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Whole grain soft bread cubes	4 lb 11 oz	3 gal 1 1/2 qt	9 lb 6 oz	6 gal 3 qt
*Fresh celery, chopped	1 lb	3 3/4 cups 2 Tbsp	2 lb	1 qt 3 3/4 cups
*Fresh onions, chopped	12 oz	2 cups	1 lb 8 oz	1 qt
OR	OR	OR	OR	OR
Dehydrated onions	2 1/4 oz	1/3 cup	4 1/2 oz	2/3 cup
†Raisins, plumped (optional)	6 1/2 oz	2 1/4 cups	13 oz	1 qt 1/2 cup
Poultry seasoning		1 Tbsp		2 Tbsp
Ground black or white pepper		1 1/2 tsp		1 Tbsp
Granulated garlic		1 Tbsp		2 Tbsp
Trans-fat free margarine, melted	10 1/2 oz	1 1/3 cups	1 lb 5 oz	2 3/4 cups
Chicken stock, non-MSG		3 qt		1 gal 2 qt
Dried thyme (optional)		2 Tbsp		1/4 cup

Nutrition Information

Meal Components

Grains 1 1/2 ounces

Directions

1. Combine bread cubes, celery, onions, raisins (optional), poultry seasoning, pepper, granulated garlic, margarine, and thyme (optional). Mix lightly until well blended.
2. Add chicken stock to bread mixture. Mix gently to moisten.
3. Spread 6 lb 7 oz (3 qt 3 cups) of stuffing evenly into each steamtable pan (12" x 20" x 2 1/2") which has been lightly coated with pan release spray. For 50 servings, use 2 pans. For 100 servings, use 4 pans.
4. Bake: Conventional oven: 350° F for 30-40 minutes. Convection oven: 300° F for 20-30 minutes. CCP: Heat to 165° F or higher for at least 15 seconds.

5. CCP: Hold for hot service at 135° F or higher. Cut each pan 5 x 5 (25 pieces).
6. If desired, serve with Chicken or Turkey Gravy (see G-03A).

Notes

Comments:

*See Marketing Guide.

†To plump raisins, cover the fruit with very hot tap water.

Soak 2-5 minutes. DO NOT OVERSOAK. Drain well before using.

A new nutrient analysis will be coming. Updated July 2014. Restandardization in progress.

Bright Broccoli Slaw

Makes: 6 Servings

Ingredients

7 1/4 ounces broccoli slaw
2 ounces Ramen noodles
2 tablespoons + 1 tsp Red onion, very finely diced
1/3 cup + 2 Tbsp Dried cranberries
1 tablespoon + 1 tsp Olive oil
2 tablespoons + 1 tsp White wine vinegar
1/4 cup pineapple juice
1 teaspoon granulated sugar
1/4 teaspoon Granulated Garlic
1/4 teaspoon Granulated onion
1/8 teaspoon Black pepper, ground



Directions

1. Combine oil, vinegar, pineapple juice and seasonings in bowl and whisk together to prepare dressing.
2. Add very finely diced onion and dried cranberries to dressing. Set aside and marinate for at least 1 hour.
3. Crush ramen noodles into small pieces. Discard seasoning package!
4. Combine broccoli slaw and ramen noodles. Add dressing and toss to combine.

Broccoli Salad

Makes: 50 or 100 servings

	50 Servings		100 Servings	
Ingredients	Weight	Measure	Weight	Measure
Reduced calorie salad dressing	2 lb	1 qt	4 lb	2 qt
OR	OR	OR	OR	OR
Lowfat mayonnaise	2 lb	1 qt	4 lb	2 qt
Sugar	1 lb	2 cups	2 lb	1 qt
White vinegar		1/4 cup		1/2 cup
Lowfat 1% milk		1/4 cup		1/2 cup
*Fresh broccoli, florets	3 lb 8 oz	1 gal 2 1/4 qt	7 lb	3 gal 2 cups
Raisins	2 lb 4 oz	1 qt 3 1/4 cups	4 lb 8 oz	3 qt 2 1/2 cups
Walnuts, chopped (optional)	1 lb	3 3/4 cups	2 lb	1 qt 3 1/2 cups
*Fresh red onions, sliced (optional)	6 oz	1 cup	12 oz	2 cups

Directions

1. For dressing: Combine salad dressing or mayonnaise, sugar, vinegar, and milk. Mix well.
2. Cut broccoli into bite-size pieces. Add dressing.
3. Add raisins, walnuts (optional), and onions (optional) to broccoli mixture. Stir to coat all pieces with dressing. Spread 4 lb 9 oz (approximately 3 qt ½ cup) into each shallow pan (12" x 20" x 2 ½") to a product depth of 2" or less. For 50 servings, use 2 pans. For 100 servings, use 4 pans.
4. CCP: Cool to 41° F or lower within 4 hours. Cover. Refrigerate until service.
5. Portion with No. 8 scoop (½ cup).

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	154	
Total Fat	3.67 g	
Protein	1.77 g	
Carbohydrates	31.06 g	
Dietary Fiber	2 g	
Saturated Fat	0.61 g	
Sodium	172 mg	

Meal Components

Fruits	1/4 cup
Vegetables	
_ Dark Green	1/2 cup

Notes

Updated July 2014.

Broccoli Stir-Fry

Makes: 4 Servings

Ingredients

3 cups broccoli, chopped
1 cup water
1 Bouillon cube
1 cup onion, chopped
2 teaspoons cornstarch
2 teaspoons Hot Mustard
2 tablespoons Duck sauce
2 teaspoons soy sauce
1/2 teaspoon garlic powder
1 tablespoon vegetable oil
2 cups rice, cooked
3 cups broccoli, chopped

Directions

1. Boil water and add bouillon cube. Stir to dissolve and set aside to cool.
2. Wash and chop broccoli.
3. Cut onion in half. Cut ends and discard. Peel onion. Chop onion.
4. To make sauce: combine 1 tablespoon bouillon water with cornstarch in small cup. Pour cornstarch water back into bouillon water. Stir in hot mustard, duck sauce, soy sauce and garlic powder.
5. Heat oil in frying pan on medium. Add broccoli and onion. Stir-fry 3 to 5 minutes or until broccoli is tender.
6. Add sauce. Stir until mixture boils and thickens.
7. Serve broccoli over rice.
8. Enjoy!

Notes

Serving Size: 3/4 cup of stir-fry over 1/2 cup of rice

Broccoli, Cheese, and Rice Casserole

Makes: 50 or 100 servings

Ingredients	50 Servings		100 Servings	
	Weight	Measure	Weight	Measure
*Cooked brown rice	2 lb 3 oz	1 qt 2 1/4 cups	4 lb 6 oz	3 qt 1/2 cup
Frozen chopped broccoli, thawed, drained	5 lb	3 qt 2 1/2 cups	10 lb	1 gal 3 1/4 qt
Low-fat reduced sodium canned condensed cream of mushroom soup	1 lb 9 oz	3 1/4 cups (1/2 No. 3 cyl can)	3 lb 2 oz	1 qt 2 1/2 cups (1 No. 3 cyl can)
Instant nonfat dry milk, reconstituted		3 cups		1 qt 2 cups
Cheese blend of American and skim milk cheeses, shredded	1 lb 10 oz	1 qt 2 1/2 cups	3 lb 4 oz	3 qt 1 cup
*Fresh onions, chopped	8 oz	1 1/3 cups	1 lb	2 2/3 cups
OR	OR	OR	OR	OR
Dehydrated onions	1 1/2 oz	3/4 cup	3 oz	1 1/2 cups
Granulated garlic		1 1/2 tsp		1 Tbsp
Ground black or white pepper		1 tsp		2 tsp
Dried oregano (optional)		1 1/2 tsp		1 Tbsp
Trans fat-free margarine, melted (optional)	2 oz	1/4 cup	4 oz	1/2 cup
Enriched dry bread crumbs (optional)	6 oz	1 1/2 cups 2 Tbsp	12 oz	3 1/4 cups

Nutrition Information

Meal Components

Vegetables

Dark Green 1/4 cup

Grains 1/4 ounce

Meat / Meat Alternate 1/2 ounce

Directions

1. For cooked rice, use Cooking Rice recipe (see-B-03). Combine rice, broccoli, undiluted soup, milk, cheese, onions, granulated garlic, pepper, and oregano (optional).
2. Pour 6 lb 3 oz (3 qt 2 cups) mixture into each steamtable pan (12" x 20" x 2 1/2") which has been lightly

coated with pan release spray. For 50 servings, use 2 pans. For 100 servings, use 4 pans.

3. Optional topping: Combine margarine and bread crumbs. Mix to coat crumbs well. Sprinkle 8 oz (approximately 1 ½ cups) crumbs evenly over each pan.

4. Bake: Conventional oven: 350° F for 30 minutes. Convection oven: 300° F for 20 minutes. DO NOT OVERBAKE. CCP: Heat to 140° F or higher. OR If using previously cooked and chilled rice: CCP: Heat to 165° F or higher for at least 15 seconds.

5. CCP: Hold for hot service at 135° F or higher. Portion with No. 12 scoop (½ cup).

Notes

Comments:

*See Marketing Guide.

Updated July 2014. Restandardization in progress.

Brown Bread

Makes: 50 or 100 Servings

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Whole wheat/enriched blend flour	8 oz	1 3/4 cups 2 Tbsp	1 lb	3 3/4 cups
Whole grain-rich cornmeal	12 oz	2 3/4 cups 2 Tbsp	1 lb 8 oz	1 qt 1 3/4 cups
Baking soda		1 Tbsp		2 Tbsp
Salt		1 tsp		2 tsp
Instant nonfat dry milk, reconstituted		1 qt		2 qt
Frozen lemon juice concentrate, reconstituted		1/4 cup		1/2 cup
OR		OR		OR
White vinegar		1/4 cup		1/2 cup
Molasses	1 lb	1 1/2 cups	2 lb	3 cups
Vegetable oil		2 Tbsp		1/4 cup
†Raisins, plumped (optional)	8 oz	1 1/4 cups	1 lb	2 1/2 cups

Directions

1. Blend flour, cornmeal, baking soda, and salt in mixer for 1 minute on low speed.
2. Combine milk and lemon juice or white vinegar (to sour the milk). Let stand for 5 minutes.
3. Add molasses and vegetable oil to milk mixture. Blend well.
4. Add liquid mixture and raisins (optional) to dry ingredients. Blend for 3 minutes on low speed. DO NOT OVERMIX. Batter will be lumpy.
5. Pour 5 lb (2 qt ½ cup) batter into each steamtable pan (12" x 20" x 2 ½") which has been lightly coated with pan release spray. For 50 servings, use 1 pan. For 100

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	NA	
Total Fat	NA	
Protein	NA	
Carbohydrates	NA	
Dietary Fiber	NA	
Saturated Fat	NA	
Sodium	NA	

Meal Components

Grains	3/4 ounce
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servings, use 2 pans.

6. Bake or steam until a knife inserted near center comes out clean: Conventional oven: 375° F for 40-50 minutes
Convection oven: 325° F for 25-35 minutes Steamer: 5 lb pressure for 55-65 minutes

7. Cool. Cut each pan 5 x 10 (50 pieces per pan).

8. For loaf pans: Pour 2 lb 8 oz (approximately 1 qt ¼ cup) batter into each loaf pan (4" x 10" x 4") which has been lightly coated with pan release spray. For 50 servings, use 2 pans. For 100 servings, use 4 pans. Bake or steam until knife inserted near center comes out clean: Conventional oven: 375° F for 60 minutes Convection oven: 325° F for 45 minutes Steamer: 5 lb pressure for 1 hour 10 minutes

9. Remove from pans. Cool completely. Cut each loaf into 25 slices, about ½" thick.

Notes

Comments:

†To plump raisins, cover the fruit with very hot tap water.

Soak 2-5 minutes. DO NOT OVERSOAK. Drain well before using.

A new nutrient analysis will be coming. Updated July 2014. Restandardization in progress.

Brown Gravy

Makes: 1 or 1 servings

1 Servings

1 Servings

Ingredients	Weight	Measure	Weight	Measure
Trans fat-free margarine	2 oz	1/4 cup	8 oz	1 cup
Enriched all-purpose flour	2 1/2 oz	1/4 cup 3 1/2 Tbsp	10 oz	1 3/4 cups 2 Tbsp
Beef stock, non-MSG, hot		1 qt 1/4 cup		1 gal 1 cup
Onion powder		1 tsp		1 Tbsp 1 tsp
Ground black or white pepper		1/8 tsp		1/2 tsp

Directions

1. Melt margarine in stock pot. Blend in flour and cook on medium heat, stirring frequently until golden brown, 8-10 minutes.
2. Slowly stir in beef stock, onion powder, and pepper. Blend well and bring to boil. Reduce heat. Simmer on medium heat, stirring constantly until thickened, 6-8 minutes. CCP: Heat to 165° F or higher for at least 15 seconds.
3. Hold for hot service at 135° F or higher.

Notes

Special Tip: Serve over mashed potatoes, noodles, rice, meat, or poultry.

A new nutrient analysis will be coming.

Updated July 2014. Restandarization in progress.

Brown Rice Pilaf

Makes: 50 or 100 servings

50 Servings			100 Servings	
Ingredients	Weight	Measure	Weight	Measure
Brown rice, long grain, regular	2 lb	1 qt 1 cup	4 lb	2 qt 2 cups
Brown rice, long grain, parboiled	1 lb 4 oz	3 cups	2 lb 8 oz	1 qt 2 cups
OR	OR	OR	OR	OR
Enriched white rice, long grain, parboiled	1 lb 13 oz	1 qt 3/4 cup	3 lb 10 oz	2 qt 1 1/2 cups
Chicken stock, non-MSG		1 gal 2 1/2 cups		2 gal 1 1/4 qt
Ground black or white pepper		1/2 tsp		1 tsp
*Fresh onions, diced 1/4"	4 oz	3/4 cup	8 oz	1 1/2 cups
OR	OR	OR	OR	OR
Dehydrated onions	1 oz	2 Tbsp	2 oz	1/4 cup

Directions

1. Place 1 lb 7 oz of brown rice in each steamtable pan (12" x 20" x 2 1/2"). For 50 servings use 2 pans. For 100 servings, use 4 pans.
2. Place 13 1/2 oz regular rice OR 14 1/2 oz of parboiled rice into each steamtable pan (12" x 20" x 2 1/2 ").
3. Heat the chicken stock, pepper, and onions in a pot. Bring to a boil
4. Add 2 qt 1 1/4 cup of hot chicken stock mixture to each pan. Cover with foil or metal lid.
5. Bake: Conventional oven: 350° F for 50 minutes
Convection oven: 350° F for 40 minutes Steamer: 40 minutes CCP: Heat to 135° F or higher for at least 15 seconds.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	112	
Total Fat	0.79 g	
Protein	2.76 g	
Carbohydrates	23.15 g	
Dietary Fiber	1.3 g	
Saturated Fat	0.17 g	
Sodium	54 mg	
Meal Components		
Grains	1 ounce	

6. CCP: Hold for hot service at 135° F or higher. Portion with No. 8 scoop (½ cup).

Notes

Comments:

*See Marketing Guide

A new nutrient analysis will be coming. Upddated July 2014. Restandarization is progress.

Brownie Icing

Makes: 50 or 100 Servings

[50 Servings](#)

[100 Servings](#)

Ingredients	Weight	Measure	Weight	Measure
Powdered sugar	1 lb	3 1/2 cups	2 lb	1 qt 3 cups
Cocoa	3 oz	3/4 cup	6 oz	1 1/2 cups
Margarine or butter	3 oz		6 oz	
Lowfat 1% milk		1/2 cup		1 cup
Vanilla		2 Tbsp		1/4 cup

Directions

1. Combine powdered sugar, cocoa, margarine or butter, milk and vanilla in mixer for 5 minutes on low speed until smooth.
2. Recipe for 50 servings ices one half-sheet pan (13" x 18" x 1").

Notes

A new nutrient analysis will be coming. Updated July 2014. Restandardization in progress.

Brownies

Makes: 50 or 100 Servings

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Trans fat-free shortening	9 oz	1 cup 2 Tbsp	1 lb 2 oz	2 1/4 cups
Sugar	1 lb 10 oz	3 3/4 cups	3 lb 4 oz	1 qt 3 1/2 cups
Salt		1 1/2 tsp		1 Tbsp
Vanilla		1 1/2 tsp		1 Tbsp
Frozen whole eggs, thawed	12 oz	1 1/2 cups	1 lb 8 oz	3 cups
OR		OR		OR
Fresh large eggs (see Special Tip)		7 each		14 each
Whole wheat/enriched blend flour	15 oz	3 1/2 cups	1 lb 14 oz	1 qt 3 cups
Cocoa	6 oz	2 cups	12 oz	1 qt
baking powder		1 Tbsp		2 Tbsp
Chopped walnuts (optional)	4 1/4 oz	1 cup	8 1/2 oz	2 cups

Nutrition Information

Meal Components

Grains 1/2 ounce

Directions

1. Cream shortening, sugar, salt, and vanilla in mixer for 2 minutes on medium speed.
2. Add eggs and beat for 3 minutes on medium speed.
3. Add flour, cocoa, and baking powder. Mix for 30 seconds on low speed, then mix for 1 minute on medium speed. Batter will be very thick.
4. For 50 servings, spread 4 lb 5 oz (2 qt) batter in 1 half-sheet pan (13" x 18" x 1") which has been lightly coated with pan release spray. For 100 servings, spread 8 lb 10 oz (1 gal) batter in 1 sheet pan (18" x 26" x 1") which has been lightly coated with pan release spray.

5. Sprinkle nuts (optional) over batter.
6. Bake: Conventional oven: 350° F for 20-30 minutes
Convection oven: 300° F for 18-25 minutes DO NOT OVERBAKE.
7. Cool. If desired, lightly dust with powdered sugar.
8. For 50 servings, cut half-sheet pan 5 x 10 (50 pieces per pan). For 100 servings, cut sheet pan 10 x 10 (100 pieces per pan).

Notes

Special Tip:

For 50 servings, use 3 ½ oz (1 cup 3 Tbsp) dried whole eggs and 1 cup 3 Tbsp water in place of eggs.

For 100 servings, use 7 oz (2 ¼ cups 2 Tbsp) dried whole eggs and 2 ¼ cups 2 Tbsp water in place of eggs.

A new nutrient analysis will be coming.

Updated July 2014. Restandardization in progress.

Cajun Yam Chips/Cooling Dip

Makes: 6 Servings

Ingredients

5 Medium Yams
2 **tablespoons** vegetable oil
1 **teaspoon** cajun seasoning (1-2 tsp)
1/2 **cup** plain yogurt
1/2 **cup** mayonnaise
1 **tablespoon** Shallot or Onion Minced
1 **teaspoon** Beau Monde Seasoning



Directions

1. Preheat oven to 375°F. Wash and dry yams, leaving skin on.
2. Brush half sheet pan with 1 Tbsp. vegetable oil.
3. Slice yams into 1/4"-1/3"• slices at a diagonal and place on to pan.
4. Brush the tops of yams with another 1 Tbsp vegetable oil.
5. Sprinkle 1/2 -3/4 tsp Cajun Seasoning onto yams, evenly
6. Bake at 375°F for fifteen minutes, until tender to the touch
7. Serve hot or cold with the dip on the side
8. Dip Preparation: Mix yogurt, mayonnaise, seasoning, and minced shallot or onion together, well. Refrigerate until use.

Can Can Taco Soup

Makes: 6 Servings

Ingredients

9 2/3 ounces Turkey, ground, raw
1 Onion, raw
9 2/3 ounces Spinach, frozen
5 2/3 ounces Sweet potato, diced
9 2/3 ounces pinto beans
9 ounces Sweet yellow corn
17 ounces Tomatoes, diced, in juice
2 1/3 ounces Green chilies, diced
2/3 Packet of Italian Seasoning
3 cups water
1 tablespoon cumin
1 tablespoon Pepper, black, ground
2 ounces Cheese, cheddar
1 1/4 ounces Yellow corn tortilla chips

Directions

1. Brown ground turkey and onion in stock pot or braising pan and cook meat to 165°F.
2. To browned meat and onions add the remaining prepared ingredients, spinach, cooked pinto beans, diced cooked sweet potatoes, corn, tomatoes, chilies, italian seasoning, water, pepper, cumin.
3. Let soup simmer for 20 minutes.
4. With immersion blender puree for 1 min to 2 minutes or until large chunks of tomato, beans and spinach are not visible.
5. Serve soup with a 6 oz ladel in a bowl garnish with cheese 1/3 oz of cheese and 2 (whole or boken) tortilla chip.

Notes

Serving Size: 6 oz soup with 1/3 oz cheese and 2 tortilla chips

Serving Tips:

CCP: Cool hot foods to 41° or lower within 4 hours

Cool hot foods to 70° or lower within 2 hours Foods served hot, heat to 165° for at least 15 seconds

No bare hand contact with cooked or ready to eat food

Hold Hot food at 135° or higher

Hold Cold food at 40° or below

Reheat leftovers to 165°

Carrot Cake

Makes: 50 or 100 Servings

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Whole wheat/enriched blend flour	1 lb 14 oz	1 qt 3 cups	3 lb 12 oz	3 qt 2 cups
Sugar	1 lb 11 1/2 oz	1 qt	3 lb 7 oz	2 qt
baking powder		3 Tbsp 2 tsp	3 oz	1/4 cup 3 1/3 Tbsp
Salt		1 1/2 tsp		1 Tbsp
Ground cinnamon		1 1/2 tsp		1 Tbsp
Ground cloves		1 tsp		2 tsp
Ground nutmeg (optional)		1 tsp		2 tsp
Instant nonfat dry milk	2 1/2 oz	1 cup	5 oz	2 cups
Frozen whole eggs, thawed	1 lb	1 3/4 cups 2 Tbsp	2 lb	3 3/4 cups
OR		OR		OR
Fresh large eggs (see Special Tip)		9 each		18 each
Vegetable oil		2 cups		1 qt
*Fresh carrots, shredded	1 lb 14 oz	2 qt 3/4 cup	3 lb 12 oz	1 gal 1 1/2 cups
Canned crushed pineapple, in 100% juice, drained	1 lb 3 oz	2 1/2 cups (1/4 No. 10 can)	2 lb 6 oz	1 qt 1 cup (1/2 No. 10 can)
Chopped walnuts (optional)	6 1/2 oz	1 1/2 cups	13 oz	3 cups

Nutrition Information

Meal Components

Fruits	1/8 cup
Vegetables	
Red & Orange	1/8 cup
Grains	1 ounce

Directions

1. Blend flour, sugar, baking powder, salt, cinnamon, cloves, nutmeg (optional), and dry milk in mixer for 1 minute on low speed.
2. Add eggs and oil to dry ingredients. Blend for 30 seconds on low speed. Beat for 6 minutes on medium speed.

3. Add carrots, pineapple, and nuts (optional). Blend for 30 seconds on low speed. Beat for 2 minutes on medium speed.
4. Pour 8 lb 12 oz (approximately 1 gal) batter into each sheet pan (18" x 26" x 1") which has been lightly coated with pan release spray and dusted with flour. For 50 servings, use 1 pan. For 100 servings, use 2 pans.
5. Bake until lightly browned: Conventional oven: 350° F for 35-45 minutes Convection oven: 300° F for 30-40 minutes
6. Cool. If desired, frost or lightly dust with powdered sugar.
7. Cut each pan 5 x 10 (50 pieces per pan).

Notes

Comments:

* See Marketing Guide.

Special Tip:

For 50 servings, use 4 ½ oz (1 ½ cup) dried whole eggs and 1 ½ cup water in place of eggs.

For 100 servings, use 9 oz (3 cups) dried whole eggs and 3 cups water in place of eggs.

A new nutrient analysis will be coming. Updated July 2014. Restandardization in progress.

Carrot-Raisin Salad

Makes: 50 or 100 Servings

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
*Fresh carrots, shredded coarsley	3 lb 4 oz	3 qt 3 1/3 cups	6 lb 8 oz	1 gal 3 2/3 qt
Raisins	1 lb 8 oz	1 qt 1/2 cup	3 lb	2 qt 1 cup
Instant nonfat dry milk, reconstituted		1/2 cup		1 cup
Reduced calorie salad dressing	1 lb	2 cups	2 lb	1 qt
OR	OR	OR	OR	OR
Lowfat mayonnaise	1 lb	2 cups	2 lb	1 qt
Salt		1/2 tsp		1 tsp
Ground nutmeg (optional)		1/2 tsp		1 tsp
Frozen lemon juice concentrate, reconstituted (optional)		2 Tbsp		1/4 cup

Directions

1. Place carrots and raisins in large bowl.
2. In a separate bowl, combine milk, salad dressing or mayonnaise, salt, nutmeg (optional), and lemon juice (optional).
3. Pour dressing over carrots and raisins. Mix lightly. Spread 6 lb (approximately 3 qt 1 cup) into each shallow pan (12" x 20" x 2 1/2") to a product depth of 2" or less. For 50 servings, use 1 pan. For 100 servings, use 2 pans.
4. CCP: Cool to 41° F or lower within 4 hours. Cover. Refrigerate until service.
5. Mix lightly before serving. Portion with No. 16 scoop (1/4 cup).

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	78	
Total Fat	1.84 g	
Protein	0.9 g	
Carbohydrates	15.92 g	
Dietary Fiber	1.5 g	
Saturated Fat	0.31 g	
Sodium	117 mg	

Meal Components

Fruits	1/8 cup
Vegetables	
_ Red & Orange	1/4 cup

Notes

Comments:

*See Marketing Guide.

A new nutrient analysis will be coming.

Updated July 2014. Restandardization in progress.

Central Valley Harvest Bake

Prep time: 45 minutes

Cook time: 1hour, 30minutes

Makes: 6 Servings

A succulent side dish that provides a striking contrast of flavors and textures.

Ingredients

3 cups Fresh butternut squash, peeled, seeded, cubed 1/2"
2 teaspoons extra virgin olive oil
1/3 cup Fresh red onions, peeled, diced
2 1/4 teaspoons Fresh jalapeno pepper, seeded, diced
1/4 cup Fresh red bell pepper, seeded, diced
1 tablespoon Red quinoa, dry
1/4 cup Canned low-sodium black beans, drained, rinsed
3 1/2 teaspoons Fresh oregano, chopped
2 1/2 tablespoons Sweetened applesauce
1/4 teaspoon Kosher salt
2 tablespoons Fresh lime juice (optional)
3/4 cup Low-fat granola, no fruit

Directions

1. Preheat oven to 350 °F.
2. In a large bowl, toss squash in 1 tsp olive oil. Spread onto a large baking sheet sprayed with nonstick cooking spray. Roast in oven at 350 °F for 30 minutes or until tender and lightly brown around the edges. Remove and keep warm.
3. In a small bowl, toss onions, jalapeno peppers, and red peppers with remaining olive oil. Spread vegetables evenly onto a baking sheet sprayed with a nonstick cooking spray and roast in oven at 350 °F for 15 minutes or until tender and lightly brown around the edges. Check the vegetables often, they will brown very quickly. Remove and keep



Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	97.43	
Total Fat	1.92 g	
Protein	2.03 g	
Carbohydrates	20.26 g	
Dietary Fiber	3.65 g	
Saturated Fat	0.32 g	
Sodium	114.57 mg	

MyPlate Food Groups

Vegetables	1/2 cup
Grains	1/4 ounce

warm.

4. Rinse quinoa in a fine mesh strainer until water runs clear, not cloudy. Combine quinoa and ½ cup water in a small pot. Cover and bring to a boil. Turn heat down to low and simmer until water is completely absorbed, about 10-15 minutes. When done, quinoa will be soft and a white ring will pop out of the kernel. The white ring will appear only when it is fully cooked. Fluff with a fork. Set aside. A rice cooker may be used with the same quantity of quinoa and water.

5. In a large bowl, combine squash, black beans, quinoa, and oregano.

6. Mix in applesauce, salt, and optional fresh lime juice.

7. Add onions, jalapeno peppers, and red peppers. Mix well.

8. Pour mixture into an 8" x 8" nonstick baking pan. Press gently to pack. Sprinkle granola evenly over the top of mixture. Bake for 30 minutes at 350 °F. Granola should be lightly browned. Serve hot.

Notes

Our Story

The rich agricultural region of Manteca, California, grows many crops annually, including winter squash, pumpkin, corn, watermelon, and almonds. It was very important to the recipe team that they include locally grown produce in their recipe and introduce healthy, delicious vegetables to the students. Thus, butternut squash, a deep orange-colored winter squash with a sweet, nutty taste similar to pumpkin, was chosen as the featured vegetable of Central Valley Harvest Bake.

This succulent side dish combines the sweetness of butternut squash with the spicy kick of jalapenos and red peppers and is baked together with black beans, red quinoa, and granola for an absolutely delightful mouthful. It complements a variety of entrées, including grilled chicken or roast turkey.

Joshua Cowell Elementary School

Manteca, California

School Team Members

School Nutrition Professional: Sandy Helsel

Chef: Bryan Ehrenholm (Owner, Pure Joy Bakery and The Lunch Pail Restaurant)

Community Members: Bonnie Bennett (School Principal) and Mary Tolan-Davi, RD (Community Registered Dietitian)

Students: Cameron H., Genesis M., Andrew R., Matthew M., and Elizabeth B.

Central Valley Harvest Bake

Makes: 50 or 100 Servings

A succulent side dish that provides a striking contrast of flavors and textures.

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
*Fresh butternut squash, peeled, cubed 1/2"	10 lb 8 oz	2 gal 1/2 qt	21 lb	4 gal 1 qt
Extra virgin olive oil		1/4 cup 1 Tbsp		1/2 cup 2 Tbsp
*Fresh red onions, diced	8 oz	1 1/2 cups	1 lb 1/2 oz	3 cups
*Fresh jalapeno peppers, finely diced		1/3 cup	3 oz	3/4 cup
*Fresh red bell peppers, diced	8 1/2 oz	1 1/2 cups	1 lb 1 oz	3 cups
Red quinoa, dry	2 oz	1/4 cup	4 oz	1/2 cup
Water		3/4 cup		1 1/2 cup
Canned low-sodium black beans, drained, rinsed	1 lb 1 oz	2 cups (1/4 No. 10 can)	2 lb 2 oz	1 qt (1/2 No. 10 can)
OR	OR	OR	OR	OR
*Dry black beans, cooked (See Notes Section)	1 oz	2 cups	2 lb 2 oz	1 qt
Fresh oregano, chopped		1/2 cup 2 Tbsp		1 1/4 cups
Sweetened applesauce	1 lb 9 oz	2 2/3 cups (1/4 No. 10 can)	3 lb 2 oz	1 qt 1 1/3 cups (1/2 No. 10 can)
Kosher salt		2 tsp		1 Tbsp 1 tsp
Fresh lime juice (optional)		1/4 cup		1/2 cup
Low-fat granola, no fruit	1 lb	1 qt 1/2 cup	2 lb	2 qt 1 cup

Directions

1. Toss squash in half of oil reserving the other half for step 3. Transfer to a sheet pan (18"x 26"x 1") lightly coated



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	97.43	
Total Fat	1.92 g	
Protein	2.03 g	
Carbohydrates	20.26 g	
Dietary Fiber	3.65 g	
Saturated Fat	0.32 g	
Sodium	114.57 mg	

Meal Components

Vegetables

_ Red & Orange	3/8 cup
_ Other	1/8 cup
Grains	1/4 ounce

with pan release spray. For 50 servings, use 2 pans. For 100 servings, use 4 pans.

2. Roast uncovered until lightly brown around the edges:
Conventional oven: 350 °F for 30 minutes Convection oven: 350 °F for 22 minutes Critical Control Point: Hold at 135 °F or higher.

3. Toss onions, jalapeno peppers, and red peppers with remaining oil.

4. Line a sheet pan (18"x 26"x 1") with aluminum foil or a nonstick pan liner. Spread vegetable mixture on sheet pan.

5. Roast: Conventional oven: 350 °F for 15 minutes
Convection oven: 350 °F for 10 minutes Check mixture after 10 minutes. Cook vegetables until they soften and turn brown around the edges. DO NOT OVERCOOK. Remove from oven. Critical Control Point: Hold at 135 °F or higher.

6. Rinse quinoa in a fine mesh strainer until water runs clear, not cloudy.

7. Combine quinoa and water in a covered saucepan and bring to a boil. Reduce heat to low and simmer until water is completely absorbed, about 15 minutes. When done, quinoa will be soft and a white ring will pop out of the kernel. The white ring will appear only when it is fully cooked.

8. Combine squash, black beans, quinoa, and oregano.

9. Mix in applesauce, salt, and optional lime juice.

10. Fold in onion and pepper mixture.

11. Lightly coat steam table pan (12"x 20"x 2 ½") with pan release spray. Pour mixture into pan, pressing to gently to pack. For 50 servings, use 2 pans. For 100 servings, use 4 pans.

12. Sprinkle granola evenly over the top.

13. Bake until heated through and granola is lightly browned: Conventional oven: 350 °F for 30 minutes
Convection oven: 350 °F for 22 minutes. Critical Control Point: Heat for 135 °F or higher for at least 15 seconds.

14. Critical Control Point: Hold for hot service at 135 °F or

higher.

15. Portion with No. 8 scoop (½ cup).

Notes

Our Story

The rich agricultural region of Manteca, California, grows many crops annually, including winter squash, pumpkin, corn, watermelon, and almonds. It was very important to the recipe team that they include locally grown produce in their recipe and introduce healthy, delicious vegetables to the students. Thus, butternut squash, a deep orange-colored winter squash with a sweet, nutty taste similar to pumpkin, was chosen as the featured vegetable of Central Valley Harvest Bake.

This succulent side dish combines the sweetness of butternut squash with the spicy kick of jalapenos and red peppers and is baked together with black beans, red quinoa, and granola for an absolutely delightful mouthful. It complements a variety of entrées, including grilled chicken or roast turkey.

Joshua Cowell Elementary School

Manteca, California

School Team Members

School Nutrition Professional: Sandy Helsel

Chef: Bryan Ehrenholm (Owner, Pure Joy Bakery and The Lunch Pail Restaurant)

Community Members: Bonnie Bennett (School Principal) and Mary Tolan-Davi, RD (Community Registered Dietitian)

Students: Cameron H., Genesis M., Andrew R., Matthew M., and Elizabeth B.

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

Special tip for preparing dry beans:

SOAKING BEANS

OVERNIGHT METHOD: Add 1 ¾ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with cooking beans.

QUICK-SOAK METHOD: Boil 1 $\frac{3}{4}$ qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with cooking beans.

COOKING BEANS: Once the beans have been soaked, add 1 $\frac{3}{4}$ qt water for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours. Use hot beans immediately.

Critical Control Point: Hold for hot service at 135 °F or higher. OR Chill for later use.

Critical Control Point: Cool to 70 °F within 2 hours and to 40 °F or lower within an additional 4 hours.

1 lb dry black beans = about 2 $\frac{1}{2}$ cups dry or 4 $\frac{1}{2}$ cups cooked beans.

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Ch Ch Ch Chili

Makes: 6 Servings

Ingredients

1/2 Carrot, grated
1/2 Celery stalk, sliced
1 clove garlic, minced
1/2 onion, chopped
1/2 Sweet Potato, grated
2 1/2 cups Diced tomato, canned
13 1/2 ounces Kidney beans, canned
4 tablespoons tomato paste
1 1/2 teaspoons chili powder
1/2 teaspoon Cumin, crushed
1/4 teaspoon Crushed Red Pepper, flakes
dash salt
dash black pepper



Directions

1. Heat olive oil in large stockpot over medium heat.
2. Saute carrots & sweet potatoes for about 3 minutes.
3. Add celery & onion, and cook until al dente.
4. Add remaining ingredients & spices & bring to a simmer.
5. Lower heat and cook for one hour.
6. Optional: Add more red pepper and/or hot sauce.
7. Serve

Notes

Serving Size: 1 cup

Cheese Sauce

Makes: 1 Quart or 1 Gallon

1 Quart

1 Gallon

Ingredients	Weight	Measure	Weight	Measure
Trans fat-free margarine		3 Tbsp 1 1/2 tsp	7 oz	3/4 cup 2 Tbsp
Enriched all-purpose flour	2 oz	1/2 cup	8 oz	1 3/4 cups
Salt		1/4 tsp		1 tsp
Instant nonfat dry milk, reconstituted, hot		3 1/4 cups		3 qt 1 cup
Cheese blend of American and skim milk cheeses, shredded	10 oz	2 1/2 cups	2 1/2 lb	2 qt 2 cups

Nutrition Information

Meal Components

Meat / Meat Alternate 1/4 ounce

Directions

1. Melt margarine. Add flour and salt. Stir until smooth.
2. Add milk gradually, stirring constantly.
3. Add shredded American cheese. Cook for 12-15 minutes, stirring frequently, until smooth and thick. CCP: Hold for hot service at 135° F or higher.

Notes

Updated July 2014. Restandarization in progress. A new nutrient analysis will be coming.

Cheesy Bean Dip

Makes: 6 Servings

This Cheesy Bean Dip is sure to please everyone. It has wonderful flavors of cumin, garlic and three different beans with just enough cheese to appeal to picky palates.

Ingredients

1 cup black beans, canned (Drained and rinsed)
1/2 cup great northern white beans, canned (Drained and rinsed)
1/2 cup Red kidney beans, canned (Drained and rinsed)
1/4 cup canned diced tomatoes (No salt added, drained)
2 tablespoons lemon juice
2 teaspoons apple cider vinegar
1 teaspoon coriander
1 teaspoon cumin
1 teaspoon onion powder
1/2 tablespoon garlic powder
1/2 tablespoon chili powder
6 tablespoons parmesan cheese, grated

Directions

1. Puree all ingredients, except cheese, in a food processor until smooth and creamy.
2. Add Parmesan cheese. Pulse to combine.
3. Portion into 3 oz cups.
4. Can be served with vegetable sticks or whole wheat pita chips, or a combination of both.

Notes

This Cheesy Bean Dip is sure to please everyone. It is meant as a side and replacement to the currently

unhealthy cheese dip served at Holt. It has wonderful flavors of cumin, garlic and three different beans with just enough cheese to appeal to picky palates. This dish was created by the team of student listed in the entry over the course of several weeks and taste tested at the school cafeteria. Each recipe was developed by students with limited guidance by the Chef, Teacher and School Nutrition Professional. The team is submitting multiple recipes and the letter from the school principal is for all recipes being submitted. Over 40 students tested the Cheesy Bean Dip and completed written evaluations. Comments from students were positive with quotes saying: "It's Awesome!!!" and "It has great flavors and I loved the texture"

Cheesy Chorizo Bean Quesadilla

Makes: 6 Servings

Mexican Chorizo (made with low fat ground turkey) gives this quesadilla a spicy Hispanic flair.

Ingredients

9 ounces ground turkey (97% Lean)
1/4 teaspoon salt
1 tablespoon chili powder (Plus 1 additional teaspoon)
3/4 teaspoon Ground Oregano
2 teaspoons ground cumin
1 1/2 teaspoons ground coriander
1 teaspoon Crushed red pepper flakes
2 1/2 teaspoons cider vinegar
2 teaspoons Garlic, raw, minced
1/4 cup Onions, raw, chopped
1 cup Kale, raw, chopped
8 ounces Beans, Pinto, canned, drained
6 ounces Cheese, low-fat, cheddar
2 tablespoons Cilantro, fresh, chopped
2 1/4 12" Tortilla

Directions

1. Chorizo mixture: Mix the first 9 ingredients in a bowl. Cover with plastic wrap and refrigerate overnight. CCP: Hold at 41°F or lower.
2. In a skillet heat the oil until hot but not smoking. Add the onions and saute until soft. Add the Chorizo mixture, saute until the turkey is browned and reaches 165°F. CCP: Heat to 165°F for at least 15 seconds
3. Stir in chopped kale and drained beans to the Chorizo mixture until the kale begins to wilt and mixture reaches 155°F. CCP: Heat to 155°F or



higher for at least 15 seconds

4. Remove mixture from the heat, fold in shredded cheese and fresh cilantro. Divide mixture evenly (approx 2 cups) over 1-12" tortilla. Place another 12" tortilla on top.
5. Place on sheet pan sprayed with pan spray or lined with parchment paper. Note: For 6 servings you will need to use 1/5 of two 12" tortillas to make the sixth serving.
6. Bake at 400°F in an oven until crisp, approx. 7-10 minutes. Cut the quesadilla into five equal sized wedges. CCP: Heat to 165 degrees or higher for 15 seconds.
7. Optional serve- 1 quesadilla wedge with 1 oz. fresh lettuce and 1oz. fresh diced tomatoes. CCP: Hold at 140 degrees or higher.

Notes

Serving Tips:

We've added pinto beans, "A Fiber All Star" loaded with lots of good vitamins and minerals, and kale, which is a vegetable super power. It also has everyone's favorite: low-fat cheddar cheese. This combination is spread onto a flour tortilla and served piping hot. You won't be disappointed with this healthy version of a quesadilla. It will make your mouth water and your heart sing!

Cheesy Rice & Beans

Makes: 6 Servings

Ingredients

1 1/2 cups brown rice
6 tablespoons celery, chopped
6 tablespoons onion, chopped
6 tablespoons tomato paste
3/4 cup tomato sauce
6 tablespoons Diced fresh tomato
3/4 cup White beans, canned
3/4 cup black beans, canned
3/4 cup carrots, raw, grated
6 tablespoons Green pepper, raw, chopped
6 ounces cheddar cheese, low-fat, shredded
1/2 teaspoon cumin
1/2 teaspoon cilantro



Directions

1. Cook rice in water in large pot according to package directions.
2. Wash and chop celery, onion, and green pepper with knife or food processor; wash, peel, and grate carrot with grater.
3. Wash and dice fresh tomato. Open and drain cans of beans. Open cans of tomato paste and tomato sauce.
4. Measure and mix all ingredients together, including herbs and cheese, and place in large baking pan with enough water to keep casserole moist.
5. Cover and bake covered in 350°F oven for 45 minutes to an hour. Keep moist.
6. Serve.

Notes

Serving Size: 1 cup

Cheesy Veggie Enchiladas

Makes: 6 Servings

Ingredients

12 ounces Yam, cooked, boiled & drained, or baked (without salt)
12 ounces Spinach, frozen
11 ounces Tomatoes, canned, diced in juice
9 6"-Tortillas (corn)
13 1/2 ounces black beans, canned (no salt added or reduced sodium)
3 ounces Cheddar Cheese, reduced Fat, shredded
3 ounces mozzarella cheese, part skim, shredded
1 1/2 teaspoons cumin, ground
3/8 teaspoon chili powder

Directions

1. Bake yams at 350°F for 45 minutes or until soft. Cool until able to handle. In blender combine canned tomatoes, yams, cumin, chili powder, and salt. Puree.
2. Set aside some of the grated cheddar for the top. Mix remaining cheddar with the parmesan.
3. In 8x8 baking dish, pour portion of sauce on bottom of pan. Lay in half of the tortillas. Sprinkle with half of the spinach and half of the cheese. Pour 1/2 of the sauce over the top and smooth.
4. Repeat this one time. Top with reserved cheddar cheese.
5. Bake covered at 350°F for 45 minutes. Remove covering for last 15 minutes.



Chef Ashley's World Famous Broccoli Salad

Makes: 6 Servings

Ingredients

6 cups broccoli florets
2 green onions
1 tablespoon cilantro
2 tablespoons rice vinegar
1 tablespoon honey
2 teaspoons fresh ginger
2 teaspoons Low Sodium Soy Sauce
1/4 cup Chow Mein Noodles
1 teaspoon sesame oil

Directions

1. Wash, cut, and put aside the broccoli, cilantro and green onions.
2. Boil water and blanched the broccoli for just one minute. (This leaves a lot of nutrients in the broccoli.)
3. Chill broccoli in the fridge for 20 minutes.
4. Mix the sauces together, and break the chow mein noodles by hand into bite size pieces.
5. Mix all the wet ingredients by hand together with the broccoli, and then topped the dish with the chow mein noodles.



Chic' Penne

Rating: ★★★★★

Prep time: 20 minutes

Cook time: 20 minutes

Makes: 6 Servings

This whole-wheat pasta dish is bright and fun with fresh broccoli, chicken, and melted cheese that is sure to please.

Ingredients

3 cups Penne pasta, whole-wheat, dry (12 oz)
1 tablespoon Granulated Garlic
2 cups Fresh broccoli florets
1 cup Cooked diced chicken, 1/2" pieces (4 oz)
1 1/2 cups Fat-free half and half
1 tablespoon Enriched all-purpose flour
1/8 cup low-sodium chicken broth
1 teaspoon salt
1/2 teaspoon ground black pepper
1/2 cup reduced-fat cheddar cheese, shredded (2 oz)
1/2 cup Low-fat mozzarella cheese, low-moisture, part-skim, shredded (2 oz)

Directions

1. Preheat oven to 350 °F.
2. In a large pot, bring 2 quarts water to a boil. Gradually stir in pasta and return to a boil. Cook uncovered for 8-10 minutes or until tender. Do not overcook. Drain well. Toss pasta with ½ teaspoon garlic.
3. Fill a medium pot with water and bring to a boil. Add broccoli florets and cook for 5 minutes. Drain well. Sprinkle with remaining garlic.



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	300	
Total Fat	6 g	
Protein	19 g	
Carbohydrates	44 g	
Dietary Fiber	6 g	
Saturated Fat	2 g	
Sodium	418 mg	

MyPlate Food Groups

Vegetables	1/4 cup
Grains	2 ounces
Protein Foods	1 ounce

4. Transfer pasta and broccoli to a medium casserole dish (about 8" x 11") coated with nonstick cooking spray. Add chicken. Mix well.
5. In a small mixing bowl, mix ½ cup half and half with flour. Whisk to remove lumps.
6. In a medium skillet, heat chicken broth, salt, pepper, and remaining half and half. Stir constantly. Stir in half and half/flour mixture. Stir constantly and bring to a boil.
7. Reduce heat to low. Stir frequently for 5 minutes. Sauce will thicken. Add cheese and stir until cheese melts. Remove from heat. Pour sauce over broccoli/pasta mixture.
8. Cover casserole dish with lid or with foil. Bake at 350 °F for 8 minutes. Heat to an internal temperature of 165 °F or higher for at least 15 seconds (use a food thermometer to check the internal temperature). Remove from oven. Serve hot.

Notes

Our Story

The Winograd K-8 Elementary School team started the recipe creation discussing all the foods eligible for the competition. Then, they wrote down what each team member liked to eat. After a couple of test runs of basic dishes, they ended up with a tasty dish called Chic' Penne. Not found at your local fast food restaurant, Chic' Penne has a little hint of black pepper and is anything but ordinary. By combining the best ingredients, this recipe produces a dish that not only looks good, but tastes good too! This main dish will be an instant hit with your children.

Winograd K-8 Elementary School

Greeley, Colorado

School Team Members

School Nutrition Professional: Kara Sample, RD, SNS

Chef: Amanda Smith

Community Member: Emily Wigington (AmeriCorps VISTA Volunteer)

Students: Jace K., Bethany V., Abraham A., and Amairani P.

Recipes for Healthy Kids Cookbook for Homes

Chic' Penne

Makes: 50 or 100 Servings

This whole-wheat pasta dish is bright and fun with fresh broccoli, chicken, and melted cheese that is sure to please.

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Water		3 gal		6 gal
Penne pasta, multi-grain, dry	6 lb	1 gal 3 1/2 qt	12 lb	3 gal 3 qt
Granulated garlic		2 Tbsp 2 tsp	3 1/2 oz	1/4 cup 1 1/3 Tbsp
*Fresh broccoli florets, chopped 1"	3 lb 2 oz	1 gal 1 1/2 qt	6 lb 4 oz	2 gal 3 qt
Frozen, cooked diced chicken, thawed, 1/2" pieces	2 lb	1 qt 2 1/2 cups	4 lb	3 qt 1 cup
Low-sodium chicken broth		1 cup		2 cups
Salt		2 Tbsp		1/4 cup
Ground black pepper		1 Tbsp 1 tsp		2 Tbsp 2 tsp
Nonfat milk		2 qt 3 cups		1 gal 1 1/2 qt
Enriched all-purpose flour		1/2 cup	2 1/2 oz	1 cup
Reduced-fat Cheddar cheese, shredded	1 lb	1 qt	2 lb	2 qt
Low-fat mozzarella cheese, low moisture, part-skim, shredded	1 lb	1 qt	2 lb	2 qt

Directions

1. Heat water to a rolling boil.
2. Slowly add pasta. Stir constantly, until water boils again. Cook about 8 minutes or until al dente; stir occasionally. Drain well. DO NOT OVERCOOK.
3. Toss cooked pasta with garlic. For 50 servings, add 1 Tbsp 1 tsp (reserve remaining garlic for step 5). For 100 servings, add 2 Tbsp 2 tsp (reserve remaining garlic



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	299.26	
Total Fat	5.5 g	
Protein	18.64 g	
Carbohydrates	44.43 g	
Dietary Fiber	5.53 g	
Saturated Fat	2.16 g	
Sodium	417.56 mg	

Meal Components

Vegetables

Dark Green 1/8 cup

Grains 1 3/4 ounces

Meat / Meat Alternate 1 ounce

for step 5).

4. Transfer pasta to steam table pan (12" x 20" x 2 1/2").
For 50 servings, use 2 pans. For 100 servings, use 4 pans.
5. Cook broccoli for 5 minutes in boiling water. Drain broccoli and toss with remaining garlic.
6. Add broccoli and chicken to pasta. Mix well
7. Sauce: Combine broth, salt, pepper, and milk. Bring to a boil, stir constantly. For 50 servings, use 2 qt milk (reserve remaining milk for step 8). For 100 servings, use 1 gal 2 cups milk (reserve remaining milk for step 8).
8. Combine remaining milk with flour and add to broth mixture. Reduce heat to low. Stir constantly for 5 minutes until sauce thickens.
9. Add cheese. Continue to stir until cheese melts.
10. Divide cheese sauce evenly and pour over pasta mixture.
11. Cover with foil and bake: Conventional oven: 350 °F for 8 minutes Convection oven: 350 °F for 4 minutes
Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
12. Critical Control Point: Hold for hot service at 135 °F or higher.
13. Portion two 6 fl oz spoodles (1 ½ cups).

Notes

Our Story

The Winograd K-8 Elementary School team started the recipe creation discussing all the foods eligible for the competition. Then, they wrote down what each team member liked to eat. After a couple of test runs of basic dishes, they ended up with a tasty dish called Chic' Penne.

Not found at your local fast food restaurant, Chic' Penne has a little hint of black pepper and is anything but ordinary. By combining the best ingredients, this recipe produces a dish that not only looks good, but tastes good too! This main dish will be an instant hit with your children.

Winograd K-8 Elementary School

Greeley, Colorado

School Team Members

School Nutrition Professional: Kara Sample, RD, SNS

Chef: Amanda Smith

Community Member: Emily Wigington

(AmeriCorps VISTA Volunteer)

Students: Jace K., Bethany V., Abraham A., and Amairani P.

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

For a creamier sauce, use an equal quantity of fat-free half and half in place of milk.

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Chicken Alfredo With a Twist

Rating: ★★★★★

Prep time: 15 minutes

Cook time: 15 minutes

Makes: 6 Servings

This rich and creamy recipe gives ordinary chicken alfredo a healthy twist, combining fat-free half and half with canned cream of chicken soup and whole-wheat rotini noodles.

Ingredients

- 2 1/2 cups** Rotini pasta, whole-wheat, dry (10 oz)
- 2 cans** Low-fat reduced-sodium cream of chicken soup (Two 10 3/4-oz cans)
- 1 1/3 cups** Fat-free half and half
- 1/4 teaspoon** ground white pepper
- 1/8 teaspoon** garlic powder
- 1/3 cup** grated Parmesan cheese
- 3 cups** Cooked diced chicken, 1/2" pieces (12 oz)

Directions

1. In a large pot, bring 2 quarts water to a boil. Gradually stir in pasta and return to a boil. Cook uncovered about 8-10 minutes or until tender. Do not overcook. Drain well.
2. Mix soup, half-and-half, pepper, garlic powder, parmesan cheese, and chicken in a large pot. Cook for 5 minutes over medium heat, stirring often. Heat to 165 °F or higher for at least 15 seconds.
3. Combine noodles and sauce right before serving. Serve hot.



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	344.92	
Total Fat	8.16 g	
Protein	29.71 g	
Carbohydrates	40.85 g	
Dietary Fiber	2.67 g	
Saturated Fat	3.59 g	
Sodium	571.55 mg	

MyPlate Food Groups

Grains	1 1/2 ounces
Protein Foods	2 1/2 ounces

Notes

Our Story

Located in southwest Ohio, Van Buren Middle School is a proud member of the Kettering City School Family. Out of the nine recipes developed for testing, two were submitted to the Recipes for Healthy Kids Competition, and the Chicken Alfredo With a Twist recipe proved to be a winner!

This recipe saves on fat and calories by using fat-free half and half, and boosts the fiber content by incorporating whole grains. Whole-wheat rotini noodles are used to replace traditional fettuccini noodles. These 'twists' make this a healthy alternative to the classic chicken alfredo. Pair a serving with a refreshing vegetable side dish to give your kids a meal that is sure to please!

Van Buren Middle School

Kettering, Ohio

School Team Members

School Nutrition Professional: Louise Easterly, LD, SNS

Chef: Rachel Tilford

Community Member: Mary Kozarec (School Nurse)

Students: Graham B., Jonathan A., Shawnrica W., and Savannah S.

Note: Keep noodles and sauce separate until serving time. Sauce will thicken upon standing.

Recipes for Healthy Kids Cookbook for Homes

Chicken Alfredo With a Twist

Makes: 50 or 100 Servings

This rich and creamy recipe gives ordinary chicken alfredo a healthy twist, combining fat-free half and half with canned cream of chicken soup and whole-wheat rotini noodles.

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Water		6 gal		12 gal
Rotini pasta, whole-grain, dry	4 lb	5 qt 1 1/2 cups	8 lb	2 gal 2 3/4 qt
Low-fat, reduced-sodium cream of chicken soup, condensed	9 lb 6 oz	1 gal 3/4 qt (3 No. 3 cans)	18 lb 12 oz	2 gal 1 1/2 qt (6 No. 3 cans)
Fat-free half and half		3 qt		1 gal 2 qt
Ground white pepper		2 tsp		1 Tbsp 1 tsp
Garlic powder		1 tsp		2 tsp
Parmesan cheese, grated	1 lb 1 oz	1 1/2 qt	2 lb 2 oz	3 qt
Frozen, cooked diced chicken, thawed, 1/2" pieces	6 lb 8 oz	1 gal 1 1/4 qt	13 lb	2 gal 2 1/2 qt

Directions

1. Heat water to a rolling boil.
2. Slowly add pasta. Stir constantly, until water boils again. Cook about 8 minutes or until al dente; stir occasionally. Drain well. DO NOT OVERCOOK.
3. Pour into steam table pans (12" x 20" x 4"). For 50 servings, use 2 pans. For 100 servings, use 4 pans. Critical Control Point: Hold pasta at 135 °F or higher.
4. Combine soup, half and half, pepper, garlic, Parmesan cheese, and chicken. Cook over medium heat for 5-10



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	344.92	
Total Fat	8.16 g	
Protein	29.71 g	
Carbohydrates	40.85 g	
Dietary Fiber	2.67 g	
Saturated Fat	3.59 g	
Sodium	571.98 mg	

Meal Components

Grains	1 1/4 ounces
Meat / Meat Alternate	2 1/4 ounces

minutes, stirring often. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.

5. Combine noodles and sauce immediately before serving.

6. Critical Control Point: Hold for hot service at 135 °F or higher.

7. Portion with 8 fl oz spoodle (1 cup).

Notes

Our Story

Located in southwest Ohio, Van Buren Middle School is a proud member of the Kettering City School Family. Out of the nine recipes developed for testing, two were submitted to the Recipes for Healthy Kids Competition, and the Chicken Alfredo With a Twist recipe proved to be a winner!

This recipe saves on fat and calories by using fat-free half and half, and boosts the fiber content by incorporating whole grains. Whole-wheat rotini noodles are used to replace traditional fettuccini noodles. These 'twists' make this a healthy alternative to the classic chicken alfredo. Pair a serving with a refreshing vegetable side dish to give your kids a meal that is sure to please!

Van Buren Middle School

Kettering, Ohio

School Team Members

School Nutrition Professional: Louise Easterly, LD, SNS

Chef: Rachel Tilford

Community Member: Mary Kozarec (School Nurse)

Students: Graham B., Jonathan A., Shawnrica W., and Savannah S.

Note: Keep noodles and sauce separate until serving time to maintain consistency of sauce. Sauce will thicken upon standing.

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Chicken Burrito

Makes: 50 or 100 Servings

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Water		1 qt 1 cup		2 qt 2 cups
Brown rice, long-grain, regular, dry	1 lb 9 oz	3 1/2 cups	3 lb 2 oz	1 qt 3 cups
Fresh cilantro, finely diced		1/2 cup		1 cup
Frozen, cooked diced chicken, thawed, 1/2" pieces	3 lb 6 oz	3 qt 1 cup	6 lb 12 oz	1 gal 2 qt 2 cups
Canned no-salt-added pinto beans, drained, rinsed	3 lb 4 oz	1 qt 2 cups	6 lb 8 oz	3 qt
Or *Dry pinto beans, cooked (See Notes Section)	3 lb 4 oz	1 qt 2 cups	6 lb 8 oz	3 qt
Low-fat cheddar cheese, shredded	1 lb 8 oz	1 qt 2 cups	3 lb	3 qt
Ground oregano		1 tsp		2 tsp
Ground cumin		1 1/2 tsp		1 Tbsp
Canned low-sodium salsa	3 lb 10 oz	1 qt 2 1/2 cups	7 lb 4 oz	3 qt 1 cup
Whole-grain tortillas, 8" (1.5 oz each)		50		100

Directions

1. Boil water.
2. Place 3 1/2 cups (1 lb 9 oz) brown rice in each steam table pan (12" x 10" x 2 1/2"). Pour boiling water (1 qt 1 cup per steam table pan) over brown rice. Stir. Cover pans tightly. For 50 servings, use 1 pan. For 100 servings, use 2 pans.
3. Bake: Conventional oven: 350 °F for 40 minutes. Convection oven: 325 °F for 40 minutes.

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	296.17	
Total Fat	5.77 g	
Protein	18.83 g	
Carbohydrates	41.88 g	
Dietary Fiber	3.89 g	
Saturated Fat	1.95 g	
Sodium	503.9 mg	

Meal Components

Vegetables

- _ Red & Orange 1/8 cup
- _ Beans & Peas 1/8 cup

Grains 2 ounces

Meat / Meat Alternate 1 1/2 ounces

4. Remove cooked rice from oven and let stand covered for 5 minutes. Fold in cilantro. Set aside.
5. Combine chicken, beans, cheese, oregano, cumin, and salsa in a large bowl. Stir well. Yields: For 50 servings, about 1 gal 2 qt (about 11 lb 8 oz). For 100 servings, about 3 gal (about 23 lb).
6. Assembly:
7. Using a No. 20 scoop (1/8 cup), spread rice on center of tortilla.
8. Using a No. 8 scoop (1/2 cup), place chicken mixture on top of rice.
9. Roll in the form of a burrito and seal.
10. Place burritos seam side down on steam table pan (12" x 20" x 2 1/2") lined with parchment paper. For 50 servings, use 2 pans. For 100 servings, use 4 pans.
11. Cover and bake: Conventional oven: 350 °F for 10 minutes. Convection oven: 350 °F for 10 minutes.
12. Critical Control Point: Heat to 165 °F for at least 15 seconds.
13. Critical Control Point: Hold for hot service at 135 °F or higher.
14. Serve 1 burrito.

Notes

Cooking Process #2: Same Day Service

Serving

NSLP/SBP Crediting Information: 1 burrito provides:
Legume as Meat Alternate: 2 oz equivalent meat/meat alternate, 1/8 cup red/orange vegetable, and 2 oz equivalent grains.

OR

Legume as Vegetable: 1 1/2 oz equivalent meat/meat alternate, 1/8 cup legume vegetable, 1/8 cup red/orange vegetable, and 2 oz equivalent grains.

CACFP Crediting Information: 1 burrito provides:

Legume as Meat Alternate: 2 oz meat/meat alternate, 1/8 cup vegetable, and 2 grains/bread.

OR

Legume as Vegetable: 1 1/2 oz meat/meat alternate, 1/4 cup vegetable, and 2 grains/bread.

How to Cook Dry Beans

Special tip for preparing dry beans:

SOAKING BEANS

OVERNIGHT METHOD: Add 1 ¾ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.

QUICK-SOAK METHOD: Boil 1 ¾ qt of water for each 1 lb of dry beans. Add beans and

boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with recipe.

COOKING BEANS

Once the beans have been soaked, add 1 ¾ qt water for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours. Use hot beans immediately.

Critical Control Point: Hold for hot service at 135 °F or higher.

OR

Chill for later use.

Critical Control Point: Cool to 70 °F within 2 hours and to 41 °F or lower within 4 hours.

1 lb dry pinto beans = about 2 ½ cups dry or 5 ¼ cups cooked beans.

Chicken Curry Casserole

Rating: ★★ ★

Prep time: 15 minutes

Cook time: 1 hour, 5 minutes

Makes: 6 Servings

In this traditional, spiced Indian dish, tender chicken strips, fresh carrots, diced celery, and brown rice are tossed in a creamy curry sauce and baked until golden.

Ingredients

1 cup Brown rice, long-grain, regular, dry
1 tablespoon canola oil
1/4 cup low-sodium chicken broth
3/4 cup Fresh celery
1 cup Fresh onions, peeled, diced
1 1/4 cups Fresh carrots, peeled, shredded
1 1/2 teaspoons curry powder
1 teaspoon garlic powder
1/2 teaspoon ground black pepper
3/4 teaspoon salt
1/2 cup low-fat plain yogurt
1 1/2 cups Cooked fajita chicken strips, diced 1" (12 oz)

Directions

1. Preheat oven to 400 °F.
2. Combine brown rice and 2 ½ cups water in large pot and bring to a boil. Turn heat down to low. Cover and cook until water is absorbed, about 30-40 minutes. Fluff with a fork. Set aside. A rice cooker may be used with the same quantity of brown rice and water.
3. In a large pan, heat canola oil and chicken broth over medium heat for 2-3 minutes. Add celery, onions, and carrots. Cook an additional 5-7 minutes or until vegetables are tender.



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	320	
Total Fat	6 g	
Protein	14 g	
Carbohydrates	26 g	
Dietary Fiber	3 g	
Saturated Fat	1 g	
Sodium	564 mg	

MyPlate Food Groups

Vegetables	1/4 cup
Grains	1 ounce
Protein Foods	1 1/2 ounces

4. In a large mixing bowl, combine curry powder, garlic powder, pepper, salt, and yogurt. Add vegetables, brown rice, and chicken. Mix well.
5. Pour mixture into a 9" x 9" nonstick baking pan. Bake uncovered at 400 °F for 15 minutes. Heat to an internal temperature of 165 °F or higher for at least 15 seconds (use a food thermometer to check the internal temperature). Serve hot.

Notes

Our Story

The students of Garfield Elementary School were eager to accept the challenge of the Recipes for Healthy Kids Competition. They met to brainstorm ideas. The recipe challenge team developed three recipes which were prepared for the entire school. Based on the student reviews, the team revised the recipes and submitted them to the competition. Chicken Curry Casserole was the winner. This chicken curry recipe originated from a student who was inspired by a favorite dish her aunt makes at home. Chicken Curry Casserole is a dish to warm the heart and please the soul!

Garfield Elementary School

Washington, District of Columbia

School Team Members

School Nutrition Professional: Danielle Schaub, RD
(Registered Dietitian, Chartwells-Thompson)

Chef: Clay Berry (Executive Chef, Chartwells-Thompson)

Community Member: Sapna Batheja, MS, RD (Project Manager, American Association of School Administrators)

Students: Mark K., Carmen J., and Samya C.

Recipes for Healthy Kids Cookbook for Homes

Chicken Curry Casserole

Makes: 50 or 100 Servings

In this traditional, spiced Indian dish, tender chicken strips, fresh carrots, diced celery, and brown rice are tossed in a creamy curry sauce and baked until golden.

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Water		3 qt 2 cups		1 gal 3 qt
Brown rice, long-grain, regular, dry	3 lb	1 qt 3 1/2 cups	6 lb	3 qt 3 cups
Canola oil		1/2 cup		1 cup
Low-sodium chicken broth		2 cups		1 qt
*Fresh carrots, shredded	2 lb 3 oz	2 qt 2 cups	4 lb 6 oz	5 qt
*Fresh celery, diced	1 lb 7 oz	1 qt 1/2 cup	2 lb 14 oz	2 qt 1 cup
*Fresh onions, chopped 1/2"	1 lb 6 oz	1 qt 1 cup	2 lb 12 oz	2 qt 2 cups
Curry powder		1/4 cup 2 Tbsp	3 oz	3/4 cup
Garlic powder		3 Tbsp		1/4 cup 2 Tbsp
Ground black pepper		1 1/2 Tbsp		3 Tbsp
Salt		1 Tbsp		2 Tbsp
Low-fat yogurt, plain	2 lb	1 qt	4 lb	2 qt
Frozen, cooked fajita chicken strips, thawed, diced 1"	6 lb 4 oz	1 gal	12 lb 8 oz	2 gal

Directions

1. Boil water.
2. Place 1 lb 8 oz brown rice in each steam table pan (12" x 20" x 2 1/2"). For 50 servings, use 2 pans. For 100 servings, use 4 pans.
3. Pour boiling water (1 qt 3 cups per steam table pan) over brown rice. Stir. Cover pans tightly.
4. Bake: Conventional oven: 350 °F for 40 minutes



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	220.32	
Total Fat	6.47 g	
Protein	14.33 g	
Carbohydrates	26.4 g	
Dietary Fiber	2.81 g	
Saturated Fat	1.34 g	
Sodium	563.78 mg	

Meal Components

Vegetables	
Other	1/4 cup
Grains	3/4 ounce
Meat / Meat Alternate	1 1/4 ounces

Convection oven: 325 °F for 40 minutes

5. Remove from oven and let stand covered for 5 minutes.
6. Cook oil and broth over medium heat for 5 minutes.
7. Add carrots, celery, and onions. Cook for 10 minutes or until vegetables are tender. Set aside.
8. Combine curry, garlic, pepper, salt, and yogurt. Mix well.
9. Add vegetable mixture to rice. Fold in curry/yogurt mixture. Add chicken. Combine well.
10. Bake uncovered: Conventional oven: 400 °F for 10 minutes Convection oven: 375 °F for 10 minutes Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
11. Critical Control Point: Hold for hot service at 135 °F or higher
12. Portion with 6 fl oz spoodle ($\frac{3}{4}$ cup).

Notes

Our Story

The students of Garfield Elementary School were eager to accept the challenge of the Recipes for Healthy Kids Competition. They met to brainstorm ideas. The recipe challenge team developed three recipes which were prepared for the entire school. Based on the student reviews, the team revised the recipes and submitted them to the competition. Chicken Curry Casserole was the winner. This chicken curry recipe originated from a student who was inspired by a favorite dish her aunt makes at home. Chicken Curry Casserole is a dish to warm the heart and please the soul!

Garfield Elementary School

Washington, District of Columbia

School Team Members

School Nutrition Professional: Danielle Schaub,
RD (Registered Dietitian, Chartwells-Thompson)

Chef: Clay Berry (Executive Chef, Chartwells-Thompson)

Community Member: Sapna Batheja, MS, RD (Project

Manager, American Association of School Administrators)

Students: Mark K., Carmen J., and Samya C.

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Chicken Fajitas

Rating: ★★☆☆

Makes: 50 or 100 Servings

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Low-sodium vegetable stock, non-MSG		2 cups		1 qt
Cornstarch		1/4 cup	2 1/4 cup	1/2 cup
Vegetable oil		2 cups		1 qt
White vinegar		2 cups		1 qt
Sugar	12 oz	1 1/2 cups	1 lb 8 oz	3 cups
Ground black or white pepper		1 Tbsp 1 tsp		2 Tbsp 2 tsp
Granulated garlic		1 Tbsp 1 tsp		2 Tbsp 2 tsp
Chili powder		2 Tbsp		1/4 cup
Ground cumin		1 1/4 tsp		2 1/2 tsp
Dried oregano		2 tsp		1 Tbsp 1 tsp
Raw, boned, skinless chicken breast, 1/2" slices	9 lb		18 lb	
Canned low-sodium liquid pack whole-kernel corn, drained	2 lb 2 oz	1 qt 1 cup (1/2 No. 10 can)	4 lb 4 oz	2 qt 2 cups (1 No. 10 can)
OR Frozen whole-kernel corn	OR 2 lb 4 oz	OR 1 qt 2 1/4 cups	OR 4 lb 4 oz	OR 3 qt 1/2 cup
*Fresh onions, diced	12 oz	2 cups	1 lb 8 oz	1 qt
*Fresh green peppers, diced	8 oz	1 1/2 cups 2 Tbsp	1 lb	3 1/4 cups
Canned low-sodium diced tomatoes, drained	1 lb	1 3/4 cups 2 Tbsp (1/4 No. 10 can)	2 lb	3 3/4 cups (1/2 No. 10 can)
Canned low-sodium salsa	1 lb	1 3/4 cups 2 Tbsp	2 lb	3 3/4 cups
Whole grain-rich flour tortillas, 8-inch (1 oz each)		50 each		100 each

Nutrition Information

Meal Components

Vegetables	1/8 cup
_ Red & Orange	1/8 cup
Grains	1 ounce
Meat / Meat Alternate	2 ounces

Directions

1. Dissolve the cornstarch in the vegetable stock.
2. Heat over medium heat until thickened. Cool.
3. Add the oil to the cooled, thickened stock mixture.
4. Combine the vinegar, sugar, pepper, granulated garlic, chili powder, cumin, and oregano in a bowl. Whisk into the stock mixture.
5. Pour marinade over the sliced chicken. Marinate overnight in the refrigerator
6. Drain the chicken. Discard any leftover marinade.
7. Prepare no more than 50 portions per batch. Preheat grill to 350° F. Add 9 lb of the sliced chicken and sauté about 10 minutes. Sauté remaining chicken. Remove to steamtable pan (12" x 20" x 2 ½). For 50 servings, use 1 pan. For 100 servings, use 2 pans.
8. Combine corn, onions, green peppers, canned tomatoes, and salsa in pot. Cook 5 lb 8 oz (3 qt) of this mixture over low heat until vegetables are heated thoroughly, about 5 minutes. Add to cooked chicken.
9. CCP: Heat to 165° F or higher for at least 15 seconds
10. CCP: Hold for hot service at 135° F or higher. For each serving, place No. 8 scoop (½ cup) of filling on each tortilla . If desired, fold or roll tortilla over filling.

Notes

Comments:

*See Marketing Guide.

Special Tips:

- 1) If a grill is not available, a steam-jacketed kettle may be used to sauté the chicken.
- 2) Lowfat sour cream (1 Tbsp per serving) and salsa (2 Tbsp per serving) make excellent garnishes.

3) This makes an attractive lunch plate when served with Refried Beans (I-15).

A new nutrient analysis will be coming. Updated July 2014. Restandarization in progress.

Chicken or Turkey a la King

Makes: 50 or 100 servings

Ingredients	50 Servings		100 Servings	
	Weight	Measure	Weight	Measure
Trans fat-free margarine	7 oz	3/4 cup 1 Tbsp	14 oz	1 1/2 cups 2 Tbsp
Enriched all-purpose flour	10 oz	2 1/2 cups	1 lb 4 oz	1 qt 1 cup
Chicken or turkey stock, non-MSG		1 gal		2 gal
Instant nonfat dry milk, reconstituted		1 qt 2 3/4 cups		3 qt 1 1/2 cups
Poultry seasoning		1 1/2 tsp		1 Tbsp
Ground black or white pepper		2 tsp		1 Tbsp 1 tsp
Onion powder		1/4 cup		1/2 cup
*Cooked chicken or turkey, chopped	6 lb 6 oz	1 gal 1 qt	12 lb 12 oz	2 gal 2 qt
Canned low-sodium green peas, drained	6 lb 6 oz	3 qt 1 3/4 cups (1 1/2 No. 10 cans)	12 lb 12 oz	1 1/2 gal 3 1/2 cups (3 No. 10 cans)
OR	OR	OR	OR	OR
Frozen green peas	5 lb 12 oz	3 qt 2 cups	11 lb 8 oz	1 gal 3 qt
Pimientos, chopped, drained	4 oz	1/4 cup 2 Tbsp	8 oz	3/4 cup

Nutrition Information

Meal Components

Vegetables

_ Starchy 1/4 cup

Meat / Meat Alternate 2 ounces

Directions

1. Melt margarine. Add flour and stir until smooth.
2. Add stock, milk, poultry seasoning, pepper, and onion powder. Stir until well blended.
3. Bring to boil. Reduce heat to medium. Cook uncovered, stirring frequently until thickened, 12-15 minutes.

4. Add chicken or turkey, peas, and pimientos. Cook over medium heat for 3-5 minutes or until heated through. CCP: Heat to 165° F or higher for at least 15 seconds.
5. Pour into medium half-steamtable pans (10" x 12" x 4"). For 50 servings, use 2 pans. For 100 servings, use 4 pans.
6. CCP: Hold for hot service at 135° F or higher. Portion with 6 oz ladle ($\frac{3}{4}$ cup).
7. Serve over cooked rice, noodles, or a biscuit.

Notes

Comments:

*See Marketing Guide.

A new nutrient analysis will be coming. Updated July 2014. Restandardization in progress.

Chicken or Turkey and Noodles

Makes: 50 or 100 servings

Ingredients	50 Servings		100 Servings	
	Weight	Measure	Weight	Measure
Chicken stock, non-MSG		2 gal		4 gal
Whole grain-rich noodles	2 lb 8 oz	1 gal 3 ½ qt	5 lb	3 gal 3 qt
*Fresh onions, chopped OR Dehydrated onions	14 oz OR 2 ½ oz	2 ? cups OR 1 ¼ cups	1 lb 12 oz OR 5 oz	1 qt ? cup OR 2 ½ cups
*Fresh carrots, shredded (optional)	8 oz	2 ? cups	1 lb	1 qt ? cup
Trans fat-free margarine	4 oz	½ cup	8 oz	1 cup
Enriched all-purpose flour	4 oz	¾ cup 3 Tbsp	8 oz	1 ¾ cups 2 Tbsp
Instant nonfat dry milk, reconstituted		1 qt 2 cups		3 qt
Ground black or white pepper		1 ½ tsp		1 Tbsp
Dried marjoram (optional)		1 ½ tsp		1 Tbsp
Dried parsley (optional)		½ cup		1 cup
*Cooked chicken or turkey chopped	6 lb 6 oz	1 gal 1 qt	12 lb 12 oz	2 gal 2 qt

Nutrition Information

Meal Components

Grains	3/4 ounce
Meat / Meat Alternate	2 ounces

Directions

1. Heat chicken stock to boiling. Slowly stir in noodles, onions, and carrots (optional). Boil, uncovered, for 6 minutes. DO NOT DRAIN
2. Melt margarine. Add flour and stir until smooth.
3. Add flour mixture, milk, pepper, marjoram (optional), parsley (optional), and chicken or turkey to noodles. Stir gently to combine.

4. Stir occasionally until thickened. CCP: Heat to 165° For higher for at least 15 seconds.
5. Pour into medium half-steamtable pans (10" x 12" x 4"). For 50 servings, use 3 pans. For 100 servings, use 6 pans.
6. CCP: Hold for hot service at 135° F or higher. Portion with 8 oz ladle (1 cup).

Notes

Comments:

*See Marketing Guide.

A new nutrient analysis will be coming. Updated July 2014. Restandardization in progress.

Chicken or Turkey Chop Suey

Makes: 50 or 100 Servings

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Low-sodium chicken or turkey stock, non-MSG		1 gal 1 qt		2 gal 2 qt
Low-sodium soy sauce		1 cup		2 cups
Ground black or white pepper		1 tsp		2 tsp
Granulated garlic		1 tsp		2 tsp
*Fresh celery, cut into strips	4 lb 4 oz	3 qt 1 cup	8 lb 8 oz	1 gal 2 ½ qt
*Fresh onions, chopped	1 lb	2 ? cups	2 lb	1 qt 1 ? cups
OR	OR	OR	OR	OR
Dehydrated onions	3 oz	1 ½ cups	6 oz	3 cups
Cornstarch	8 ¾ oz	2 cups	1 lb 1 ½ oz	1 qt
Water, cold		1 ½ cups		3 cups
*Cooked chicken or turkey, diced	6 lb 6 oz	1 gal 1 qt	12 lb 12 o	2 gal 2 q

Nutrition Information

Meal Components

Vegetables	1/4 cup
Meat / Meat Alternate	2 ounces

Directions

1. Combine stock, soy sauce, pepper, and granulated garlic. Bring to boil. Add celery and onions. Reduce heat and simmer for 10-12 minutes.
2. Combine cornstarch and water. Mix until smooth.
3. Add to stock mixture. Stir well and cook over medium heat until thickened, 6-8 minutes.
4. Add chicken or turkey. Cook over medium heat for 3-5 minutes or until heated through. CCP: Heat to 165° F or higher for at least 15 seconds.
5. Pour into medium half-steamtable pans (10" x 12" x 4").

For 50 servings, use 2 pans. For 100 servings, use 4 pans.

6. CCP: Hold for hot service at 135° F or higher. Serve with 6 oz ladle ($\frac{3}{4}$ cup).

7. Serve over cooked rice.

Notes

Comments: * See Marketing Guide.

Variation:

A) Chicken or Turkey Chow Mein

Follow steps 1-5. In step 7, serve over chow mein noodles.

A new nutrient analysis will be coming. Updated July 2014. Restandardization in progress.

Chicken or Turkey Gravy

Makes: 1 or 1 servings

1 Servings

1 Servings

Ingredients	Weight	Measure	Weight	Measure
Trans fat-free margarine	2 oz	¼ cup	8 oz	1 cup
Enriched all-purpose flour	2 ½ oz	¼ cup 3 ½ Tbsp	10 oz	1 ¾ cups 2 Tbsp
Chicken or turkey stock, non- MSG, hot		1 qt ¼ cup		1 gal 1 cup
Poultry seasoning		½ tsp		2 tsp
Onion powder		1 tsp		1 Tbsp 1 tsp
Ground black or white pepper		? tsp		½ tsp

Directions

1. Melt margarine in stock pot. Blend in flour and cook on medium heat, stirring frequently until light brown, 5 minutes.
2. Slowly stir in chicken or turkey stock, poultry seasoning, onion powder, and pepper. Blend well and bring to boil. Reduce heat. Simmer on medium heat, stirring constantly until thickened, 6-8 minutes.
3. CCP: Heat to 165° F or higher for at least 15 seconds.
4. CCP: Hold for hot service at 135° F or higher.

Notes

Special Tip: Serve over mashed potatoes, noodles, rice, meat, or poultry.

Updated July 2014. Restandarization in progress. A new nutrient analysis will be coming.

Chicken or Turkey Noodle Soup

Makes: 50 or 100 servings

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Chicken or turkey stock, non- MSG		3 gal 3 ½ qt		7 gal 3 qt
*Fresh celery, chopped	1 lb 8 oz	1 qt 1 ¼ cups	3 lb	2 qt 3 ½ cups
*Fresh carrots, chopped (optional)	12 oz	3 cups	1 lb 8 oz	1 qt 2 cups
*Fresh onions, chopped	14 oz	2 ¾ cups	1 lb 12 oz	1 qt ¾ cup
OR	OR	OR	OR	OR
Dehydrated onions	2 ½ oz	1 ¼ cups	5 oz	2 ½ cups
Dried parsley (optional)		¼ cup		½ cup
Ground black or white pepper		1 tsp		2 tsp
Poultry seasoning		1 tsp		2 tsp
Enriched medium noodles	1 lb 6 oz	1 gal	2 lb 12 oz	2 gal
*Cooked chicken or turkey, chopped	1 lb 9 ½ oz	1 qt 1 cup	3 lb 3 oz	2 qt 2 cups

Nutrition Information

Meal Components

Grains 1/2

Meat / Meat Alternate 1/2

Directions

1. Combine stock, celery, carrots (optional), onions, parsley (optional), pepper, and poultry seasoning.
2. Bring to boil. Reduce heat and cover. Simmer for 20 minutes.
3. Add noodles and chicken or turkey. Return to simmer. Cover. Simmer for 10 minutes or until noodles are tender.
4. CCP: Heat to 165° F or higher for at least 15 seconds.
5. Pour 9 lb (1 gal ¾ cup) into medium steamtable pan (12" x 20" x 4"). For 50 servings, use 3 pans. For 100 servings, use 6 pans.

6. CCP: Hold for hot service at 135° F or higher

7. Portion with 8 oz ladle (1 cup).

Notes

Comments:

*See Marketing guide.

Updated July 2014. Restandarization in progress. A new nutrient analysis will be coming.

Chicken or Turkey Pot Pie

Makes: 50 or 100 servings

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Enriched all-purpose flour	2 lb	1 qt 3 ½ cups	4 lb	3 qt 3 cups
Salt		1 1/2 tsp		1 Tbsp
Trans fat-free margarine	1 lb 2 oz	2 ¾ cups	2 lb 4 oz	1 qt 1 1/2 cups
Water, cold		1 cup		2 cup
*Cooked chicken or turkey, diced	6 lb 6 oz	1 gal 1 1/2 qt	12 lb 12 oz	2 gal 3 qt
Low-sodium canned mixed vegetables, drained	3 lb 5 oz	1 qt 3 cups (¾ No. 10 can)	6 lb 10 oz	3 qt 3 cups
OR	OR	OR	OR	OR
Frozen mixed vegetables	3 lb 7 oz	1 qt 3 cups	6 lb 14 oz	13 qt 3 cups
Margarine	8 oz	1 cup	1 lb	2 cups
*Fresh celery, chopped	1 lb 4 oz	1 qt ¾ cup	2 lb 8 oz	2 qt 1 1/2 cups
*Fresh onions, chopped	1 lb 4 oz	3 1/3 cups	2 lb 8 oz	1 qt 2 2/3 cups
OR	OR	OR	OR	OR
Dehydrated onions	3 ¾ oz	1 1/2 cups 2 Tbsp	7 1/2 oz	3 ¾ cups
Enriched all-purpose flour	10 oz	2 1/2 cups	1 lb 4 oz	1 qt 1 cup
Chicken or turkey stock, non- MSG, hot		3 qt 3 cups		1 gal 3 1/2 qt
Ground black or white pepper		1 1/2 tsp		1 Tbsp
Poultry seasoning		1 1/2 tsp		1 Tbsp

Nutrition Information

Meal Components

Vegetables	1/4 cup
Grains	1 1/4 ounces
Meat / Meat Alternate	2 ounces

Directions

1. For pastry topping: Combine flour and salt. Mix in

shortening until size of small peas.

2. Add water and mix just until dry ingredients are moistened. Cover and set aside for step 9.
3. For filling: Place 3 lb 3 oz (2 qt 3 cups) chicken or turkey into each steamtable pan (12" x 20" x 2 ½"). For 50 servings, use 2 pans. For 100 servings, use 4 pans.
4. Add mixed vegetables to each pan. For canned mixed vegetables, add 1 lb 10 ½ oz (3 ½ cups) per pan. For frozen mixed vegetables, add 1 lb 11 ½ oz (3 ½ cups) per pan.
5. Melt margarine. Add celery and onion. Cook over medium heat for 5-10 minutes.
6. Blend in flour. Cook over medium heat, stirring constantly until light brown, 5 minutes.
7. Slowly stir in stock, pepper, and poultry seasoning. Blend well and cook over medium heat, stirring frequently until slightly thickened, 10-15 minutes.
8. Pour approximately 2 qt 1 cup gravy mixture over chicken or turkey and vegetables in each pan. Gravy mixture will thicken in step 12. Stir carefully to combine.
9. Roll out pastry dough into rectangles (about 12" x 20") on lightly floured surface. Use 1 lb 13 oz of dough for each pan.
10. Cover chicken or turkey mixture with pastry. Brush with pastry brush dipped in water. Cut slits in pastry.
11. Bake: Conventional oven: 450° F for 30-35 minutes, Convection oven: 400° F for 20-25 minutes CCP: Heat to 165° F or higher for at least 15 seconds.
12. Continue to bake until mixture has thickened: Conventional oven: 210° for 30 minutes. Convection oven: 210° for 30 minutes.
13. CCP: Hold for hot service at 135° F or higher. Cut each pan 5 x 5 (25 portions per pan).

Notes

*See Marketing Guide.

A new nutrient analysis will be coming. Updated July 2014. Restandardization in progress.

Chicken or Turkey Rice Soup

Makes: 50 or 100 Servings

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Chicken or turkey stock, non- MSG		3 gal 3 ½ qt		7 gal 3 qt
*Fresh celery, chopped	1 lb 8 oz	1 qt 1 ¾ cups	3 lb	2 qt 3 ½ cups
*Fresh carrots, chopped (optional)	12 oz	3 cups	1 lb 8 oz	1 qt 2 cups
*Fresh onions, chopped	14 oz	2 ? cups	1 lb 12 oz	1 qt ? cup
OR	OR	OR	OR	OR
Dehydrated onions	2 ½ oz	1 ¼ cups	5 oz	2 ½ cups
Dried parsley (optional)		¼ cup		½ cup
Ground black or white pepper		1 tsp		2 tsp
Poultry seasoning		1 tsp		2 tsp
Brown white rice, medium grain	1 lb 14 oz	1 qt ¼ cup	3 lb 12 oz	2 qt ½ cup
*Cooked chicken or turkey, chopped	1 lb 9 ½ oz	1 qt 1 cup	3 lb 3 oz	2 qt 2 cups

Directions

1. Bring to boil. Reduce heat and cover. Simmer for 10 minutes.
2. Add rice and chicken or turkey. Return to simmer. Cover. Simmer for 20 minutes or until rice is tender.
3. Pour 9 lb (1 gal ? cup) into a medium steamtable pan (12" x 20" x 4"). For 50 servings, use 3 pans. For 100 servings, use 6 pans.

Notes

*See Marketing Guide.

Updated July 2014. Restandarization in progress. A new nutrient analysis will be coming.

Chicken or Turkey Tamale Pie

Makes: 50 or 100 servings

	50 Servings		100 Servings	
Ingredients	Weight	Measure	Weight	Measure
*Cooked chicken or turkey, chopped	4 lb 12 oz	3 qt 3 cups	9 lb 8 oz	1 gal 3 ½ qt
*Fresh onions, chopped	14 oz	2 ? cups	1 lb 12 oz	1 qt ? cup
OR	OR	OR	OR	OR
Dehydrated onions	2 ½ oz	1 ¼ cups	5 oz	2 ½ cups
Granulated garlic		2 Tbsp		¼ cup
Ground black or white pepper		1 ½ tsp		1 Tbsp
Canned low-sodium tomato paste	1 lb 12 oz	3 cups 2 Tbsp (¼ No. 10 can)	3 lb 8 oz	1 qt 2 ¼ cups (½ No. 10 can)
Canned low-sodium diced tomatoes, with juice	3 lb 3 oz	1 qt 2 ¼ cups (½ No. 10 can)	6 lb 6 oz	3 qt ½ cup (1 No. 10 can)
Water		1 qt 1 cup		2 qt 2 cups
Chili powder		¼ cup		½ cup
Ground cumin		3 Tbsp		¼ cup 2 Tbsp
Paprika		1 Tbsp		2 Tbsp
Onion powder		1 Tbsp		2 Tbsp
Whole wheat/enriched blend flour	1 lb	3 ¾ cups	2 lb	1 qt 3 ½ cups
Whole grain-rich cornmeal	1 lb	3 ¾ cups	2 lb	1 qt 3 ½ cups
Sugar	3 ½ oz	½ cup	7 oz	1 cup
baking powder	1 oz	2 Tbsp 1 tsp	2 oz	? cup
Salt		¾ tsp		1 ½ tsp
Frozen whole eggs, thawed	6 oz	¾ cup	12 oz	1 ½ cups
OR		OR		OR
Fresh large eggs (see Special Tip)		4 each		7 each

Nutrition Information

Meal Components

Vegetables

- _ Red & Orange 1/4 cup
- _ Other 1/8 cup

Grains 1 ounce

Meat / Meat Alternate 2 ounces

reconstituted				cups
Vegetable oil		½ cup		1 cup
Reduced fat cheddar cheese, shredded	1 lb 10 oz	1 qt 2 ½ cups	3 lb 4 oz	3 qt 1 cup

Directions

1. Use either cooked chopped chicken or cooked chopped turkey.
2. Add onions, granulated garlic, pepper, tomato paste, tomatoes, water, and seasonings. Blend well. Bring to boil. Reduce heat and simmer for 20-25 minutes. CCP: Heat to 165° F for at least 15 seconds. Poultry mixture may be prepared ahead and refrigerated overnight. CCP: Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an additional 4 hours.
3. Pour 5 lb 8 oz (2 qt 2 cups) mixture into each steamtable pan (12" x 20" x 2 ½"). For 50 servings, use 2 pans. For 100 servings, use 4 pans. Set aside for step 6.
4. For cornbread topping: Blend flour, cornmeal, sugar, baking powder, and salt in mixer for 1 minute on low speed.
5. In a separate bowl, mix eggs, milk, and oil. Add to dry ingredients. Blend 2-3 minutes on medium speed until dry ingredients are moistened. Batter will be lumpy.
6. Pour 2 lb 5 oz (1 qt ½ cup) batter over meat mixture in each pan and spread into corners of pan.
7. Bake: Conventional oven: 400° F for 30-35 minutes, Convection oven: 350° F for 25-30 minutes CCP: Heat to 165° F or higher for at least 15 seconds.
8. Sprinkle 13 oz (3 ¼ cups) cheese over cornbread in each pan.
9. CCP: Hold for hot service at 135° F or higher. CCP: Hold for hot service at 135° F or higher
10. If desired, serve with taco sauce.

Notes

*See Marketing Guide.

†Mexican Seasoning Mix (see G-01A, Sauces, Gravies, and Seasoning Mixes) may be used to replace these ingredients.

For 50 servings, use ½ cup 1 Tbsp Mexican Seasoning Mix. For 100 servings, use 1 cup 2 Tbsp Mexican Seasoning Mix.

Special Tip:

For 50 servings, use 2 oz (? cup) dried whole eggs and ? cup water in place of eggs.

For 100 servings, use 3 ½ oz (1 ¼ cups) dried whole eggs and 1 ¼ cups water in place of eggs.

A new nutrient analysis will be coming. Updated July 2014. Restandardization in progress.

Chicken or Turkey Vegetable Soup

Makes: 50 or 100 servings

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Chicken stock, non-MSG		1 gal 3 ½ qt		3 gal 3 qt
*Cooked chicken or turkey, chopped	1 lb 9 ½ oz	1 qt 1 cup	3 lb 3 oz	2 qt 2 cups
Canned low-sodium diced tomatoes, with juice	6 lb 6 oz	3 qt ½ cup (1 No. 10 can)	12 lb 12 oz	1 gal 2 ¼ qt (2 No. 10 cans)
*Fresh celery, chopped	10 oz	2 ½ cups	1 lb 4 oz	1 qt 1 cup
*Fresh onions, chopped	1 lb	2 ? cups	2 lb	1 qt 1 ? cups
OR	OR	OR	OR	OR
Dehydrated onions	3 oz	1 ½ cups	6 oz	3 cups
Ground black or white pepper		1 tsp		2 tsp
Dried parsley		¼ cup		½ cup
Granulated garlic		2 Tbsp		¼ cup
Canned low-sodium liquid pack whole- kernel corn, drained	1 lb 2 ½ oz	2 ¾ cups (¼ No. 10 can)	2 lb 5 oz	1 qt 1 ½ cups (½ No. 10 can)
OR	OR	OR	OR	OR
Frozen whole-kernel corn	1 lb 1 ½ oz	3 ¼ cups	2 lb 3 oz	1 qt 2 ½ cups
Canned low-sodium diced carrots, drained	1 lb 2 oz	2 ½ cups (¼ No. 10 can)	2 lb 4 oz	1 qt 1 cup (½ No. 10 can)
OR	OR	OR	OR	OR
Frozen sliced carrots	1 lb 6 oz	1 qt 1 cup	2 lb 12 oz	2 qt 2 cups
Canned low-sodium cut green beans, drained	15 oz	3 ½ cups (¼ No. 10 can)	1 lb 14 oz	1 qt 3 cups (½ No. 10 can)
OR	OR	OR	OR	OR
Frozen cut green beans	15 oz	3 ½ cups	1 lb 14 oz	1 qt 3 cups
Canned low-sodium green peas, drained	1 lb 1 ½ oz	2 ½ cups (¼ No. 10		

Nutrition Information

Meal Components

Fruits 1/2

	(½ No. 10 can)			
OR	OR	OR	OR	OR
Frozen green peas	1 lb 4 oz	1 qt	2 lb 8 oz	2 qt

Directions

1. Combine stock, chicken or turkey, tomatoes, celery, onions, pepper, parsley, and granulated garlic. Bring to boil.
2. Reduce heat and cover. Simmer for 20 minutes
3. Add corn, carrots, green beans, and green peas. (Frozen vegetables may be combined with canned vegetables).
4. Cover and simmer for 15 minutes, or until vegetables are tender.
5. CCP: Heat to 165° F or higher for at least 15 seconds.
6. Pour 9 lb 1 ¼ oz (1 gal ? cup) into medium steamtable pan (12" x 20" x 4"). For 50 servings, use 3 pans. For 100 servings, use 6 pans.
7. CCP: Hold for hot service at 135° F or higher.
8. Portion with 8 oz ladle (1 cup).

Notes

Updated July 2014. Restandarization in progress. A new nutrient analysis will be coming.

Chicken Stir-Fry

Makes: 50 or 100 servings

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Cornstarch	4 ½ oz	1 cup	9 oz	2 cups
Water, cold		½ cup		1 cup
Low-sodium soy sauce		½ cup		1 cup
Ground ginger		½ tsp		1 tsp
Granulated garlic		3 Tbsp		¼ cup 2 Tbsp
Ground black or white pepper		2 tsp		1 Tbsp 1 tsp
Low-sodium chicken stock, non-MSG		2 qt		1 gal
*Fresh carrots, peeled, 1/4" chopped	5 lb 10 oz	1 gal 1 ½ qt	11 lb 4 oz	2 gal 3 qt
OR	OR	OR	OR	OR
Frozen sliced carrots	6 lb 12 oz	1 gal 2 qt	13 lb 8 oz	3 gal
Vegetable oil		½ cup		1 cup
*Fresh onions, diced	1 lb 6 oz	3 ? cups	2 lb 12 oz	1 qt 3 ? cups
*Fresh broccoli, chopped	4 lb 1 oz	1 gal 3 ¼ qt	8 lb 2 oz	3 gal 2 ½ qt
OR	OR	OR	OR	OR
Frozen mixed oriental vegetables	4 lb 15 oz	2 qt	9 lb 14 oz	1 gal
Salt		2 tsp		1 Tbsp 1 tsp
Raw skinless, boneless chicken breasts, cut in ½" cubes	8 lb 15 oz		17 lb 14 oz	
Vegetable oil		1 cup		2 cups

Nutrition Information

Meal Components

Vegetables

_ Dark Green 1/4 cup

_ Red & Orange 1/4 cup

Meat / Meat Alternate 2 ounces

Directions

1. Dissolve cornstarch in water and soy sauce. Add ginger, granulated garlic, and pepper.
2. Heat chicken stock to a boil and slowly stir in cornstarch

mixture. Return to a simmer.

3. Cook for 3-5 minutes, until thickened. Remove from heat.
4. Prepare no more than 50 portions per batch. Sauté carrots in oil for 4 minutes.
5. Add onions and cook for 1 minute.
6. Add broccoli and cook for 2 more minutes. Remove to steamtable pan (12" x 20" x 2 ½"). For 50 servings, use 2 pans. Add salt. Keep warm.
7. Sauté chicken in oil for 3-5 minutes. Add chicken to vegetables in steamtable pan. Add sauce and mix to coat chicken and vegetables.
8. CCP: Heat to 165° F or higher for at least 15 seconds.
9. CCP: Hold for hot service at 135° F or higher. Portion with 2 rounded No. 10 scoops (¾ cup 1 Tbsp).

Notes

*See Marketing Guide.

Special Tips:

- 1) For an authentic Oriental flavor, substitute ¼ cup of sesame oil for ¼ cup of vegetable oil to sauté chicken, for each 50 servings.
- 2) Fresh vegetable mixes can be varied to include combinations of broccoli, cabbage, celery, Chinese pea pods, onions, peppers, and water chestnuts.
- 3) Reduce salt if using regular soy sauce.
- 4) If using Oriental vegetables, add frozen vegetables to sautéed chicken in step 7.

A new nutrient analysis will be coming. Updated July 2014. Restandardization in progress.

Chicken Strips a la Quinoa

Makes: 6 Servings

Ingredients

1 quart quinoa
4 slices whole wheat bread
6 chicken breasts (boneless & skinless)
1 tablespoon garlic powder
2 teaspoons paprika
2 teaspoons paprika
2 teaspoons ground cumin
1 tablespoon Low-sodium vegetable stock

Directions

1. Cook dry quinoa in an equal amount of water with low sodium vegetable stock until the quinoa is done. The grains will be slightly translucent and the tail should be showing.
2. Remove from heat and strain well, add the spices.
3. Spread the quinoa on sheet pans thinly and place into a 325°F oven. Every 5 minutes, stir with a spatula and continue to bake until completely dry. Remove from oven and allow to cool. Place dry quinoa and bread into a food processor and pulse a few times to break down the quinoa to a medium grains. Do not over blend. Store in an airtight container for up to 7 days.
4. Cut the boneless, skinless chicken breast into strips. Try to keep the chicken uniform in size.
5. Dredge the chicken in the quinoa/bread crumb mixture. Place on lined sheet pans.
6. CCP: Cook at 400°F to an internal temperature of 165°F for 15 seconds. (About 9-12 minutes) Portion 3 slices of the chicken breast on each serving dish.

7. CCP: Hold at 140°F or higher for hot service.

Chicken Tetrizzini

Makes: 50 or 100 servings

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Water		3 gal		6 gal
Salt		2 tsp		1 Tbsp 1 tsp
Whole grain-rich spaghetti, broken into thirds	2 lb 6 oz	1 qt 3 ¾ cups	4 lb 12 oz	3 qt 3 ½ cups
Vegetable oil		¼ cup		½ cup
*Fresh onions, diced	1 lb	2 ½ cups	2 lb	1 qt 1 ½ cups
*Fresh carrots, diced	1 lb	1 qt	2 lb	2 qt
*Fresh celery, diced	8 oz	2 cups	1 lb	1 qt
*Fresh green peppers, diced	4 oz	¾ cup 2 Tbsp	8 oz	1 ¾ cups
OR	OR	OR	OR	OR
Frozen mixed vegetables	2 lb 8 oz	1 qt 3 ½ cups	5 lb	3 qt 3 cups
*Fresh mushrooms, sliced	1 lb 4 oz	2 qt	2 lb 8 oz	1 gal
OR	OR	OR	OR	OR
Canned sliced mushrooms, drained	10 oz	1 ¾ cups 2 Tbsp	1 lb 4 oz	3 ¾ cups
Canned pimientos, diced, drained (optional)	8 oz	1 cup	1 lb	2 cups
Trans fat-free margarine	12 oz	1 ½ cups	1 lb 8 oz	3 cups
Whole wheat/enriched blend flour	8 oz	1 ¾ cups 2 Tbsp	1 lb	3 ¾ cups
Lowfat 1% milk, hot		3 qt 3 cups		1 gal 3 ½ qt
Chicken stock, non-MSG, hot		2 qt 1 cup		1 gal 2 cups
Ground black or white pepper		1 tsp		2 tsp
Onion salt		2 tsp		1 Tbsp 1 tsp
Granulated garlic		2 tsp		1 Tbsp 1 tsp
*Cooked chicken, diced				

Nutrition Information

Meal Components

Vegetables	1/8 cup
Grains	1 ounce
Meat / Meat Alternate	2 ounces

Grated parmesan cheese	6 oz	2 cups 2 Tbsp	12 oz	1 qt ¼ cup
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Directions

1. Boil water and salt in a steam-jacketed kettle or stock pot. Add spaghetti. Cook until firm-tender, 8 minutes. Drain and hold in cold water. Set aside.
2. In a steam- jacketed kettle or large sauce pan, heat the vegetable oil. Add the vegetable mix or frozen vegetables, mushrooms, and pimientos (optional). Sauté vegetables 5 minutes or until tender. Set aside.
3. Melt the margarine in a steam-jacketed kettle or stock pot. Add flour and cook for 5 minutes.
4. Slowly add the milk to the flour mixture. Simmer, stirring frequently, until the mixture is thickened. Add chicken stock, pepper, onion salt, and garlic. Simmer for 5 minutes.
5. . In each steamtable pan (12" x 20" x 2 ½"), combine 3 lb 12 oz (3 qt) of cooked spaghetti, 3 lb 2 oz of cooked diced chicken, 1 qt of cooked vegetables, and 2 qt 1 cup of sauce. For 50 servings, use 2 pans. For 100 servings, use 4 pans.
6. Sprinkle 3 oz (¾ cup 2 Tbsp) of Parmesan cheese on top of each pan.
7. Bake until golden brown: Conventional oven: 350° F for 30 minutes. Convection oven: 325° F for 35 minutes. CCP: Heat to 165° F or higher for at least 15 seconds.
8. CCP: Hold for hot service at 135° F or higher. Cut each pan 5 x 5 (25 pieces per pan).

Notes

*See Marketing Guide.

Special Tip:

*Cooked turkey can be substituted for chicken.

A new nutrient analysis will be coming. Updated July 2014. Restandardization in progress.

Chicken Tomato Bake

Makes: 50 or 100 Servings

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Water		4 gal		8 gal
Salt		1 Tbsp 2 ½ tsp		3 Tbsp 2 tsp
Enriched elbow macaroni, uncooked	3 lb	2 qt 2 ½ cups	6 lb	1 gal 1 ¼ qt
*Cooked chicken, diced (see Special Tips)	3 lb 2 oz	3 qt	6 lb 4 oz	1 gal 2 qt
Canned tomato paste	12 oz	1 ¼ cups 1 Tbsp	1 lb 8 oz	2 ½ cups 2 Tbsp
Canned tomato sauce	4 lb	1 qt 3 ¾ cups (? No. 10 can)	8 lb	3 qt 3 ½ cups (1 ¼ No. 10 can)
Water		2 cups		1 qt
Reduced fat cheddar cheese, shredded	6 oz	1 ½ cups	12 oz	3 cups
Dried marjoram		2 tsp		1 Tbsp 1 tsp
Salt		2 tsp		1 Tbsp 1 tsp
Enriched dry bread crumbs	2 oz	½ cup	4 oz	1 cup

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	200	
Total Fat	3.48 g	
Protein	13.84 g	
Carbohydrates	28.03 g	
Dietary Fiber	2.2 g	
Saturated Fat	1.09 g	
Sodium	455 mg	

Meal Components

Vegetables	1/8 cup
Grains	1 ounce
Meat / Meat Alternate	1 ounce

Directions

1. Heat water to a rolling boil. Add salt.
2. Slowly add elbow macaroni. Stir constantly, until water boils again. Cook, about 8 minutes or until tender ; stir occasionally. DO NOT OVERCOOK. Drain well.
3. Combine the elbow macaroni, chicken, tomato paste, tomato sauce, water, Cheddar cheese, marjoram, and salt in a large bowl. Mix well.
4. Place 8 lb 6 oz of this mixture into each steamtable pan

(12" x 20" x 2 ½") which has been lightly coated with pan release spray. For 50 servings, use 2 pans. For 100 servings, use 4 pans.

5. Top each pan with ½ cup of breadcrumbs. Cover with foil or lid.

6. Bake: Conventional oven: 350° F for 30 minutes. Convection oven: 325° F for 30 minutes. CCP: Heat to 165° F or higher for at least 15 seconds.

7. CCP: Hold for hot service at 135° F or higher. Score each pan 5 x 5 (25 portions per pan) with a spatula.

Notes

Special Tips:

1. *Cooked turkey can be substituted for chicken.
2. For a zestier flavor, substitute spaghetti sauce for the tomato sauce. For 50 servings, use 4 lb 1 oz (? No. 10 can). For 100 servings, use 8 lb 2 oz (1 ¼ No. 10 cans).

Chocolate Glaze

Makes: 50 or 100 servings

Ingredients	50 Servings		100 Servings	
	Weight	Measure	Weight	Measure
Powdered sugar	1 lb 3 oz	1 ½ cups	2 lb 6 oz	3 cups
Salt		¼ tsp		½ tsp
Instant nonfat dry milk		¼ cup		½ cup
Cocoa		¼ cup 2 Tbsp	3 oz	¾ cup
Corn syrup	3 oz	¼ cup	6 oz	½ cup
Water, hot 160° F		½ cup		1 cup
Margarine or butter, melted	2 ½ oz		5 oz	
Vanilla		2 tsp		1 Tbsp 1 tsp

Directions

1. Combine sugar, salt, nonfat dry milk, and cocoa in mixer with paddle attachment for 1 minute on low speed.
2. Add corn syrup and blend on low speed for 2 minutes.
3. Add hot water. Mix for 3 minutes on medium speed.
4. Add melted margarine or butter. Mix for 3 minutes on low speed.
5. Add vanilla. Mix for 30 seconds on low speed or until well blended.
6. Spread 3 cups over each sheet pan (18" x 26" x 1").

Clear Dressing

Makes: 50 or 100 servings

50 Servings			100 Servings	
Ingredients	Weight	Measure	Weight	Measure
Vegetable stock, non-MSG		1 ½ cups		3 ½ cups
Cornstarch		3 Tbsp 1 tsp		¼ cup 2 ½ Tbsp
Vegetable oil		1 ½ cups		3 ½ cups
White vinegar		1 ½ cups		3 ½ cups
Sugar	10 oz	1 ¼ cups	1 lb 4 oz	2 ½ cups
Ground black or white pepper		2 tsp		1 Tbsp 1 tsp
Granulated garlic		2 tsp		1 Tbsp 1 tsp

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	91	
Total Fat	7.29 g	
Protein	0.06 g	
Carbohydrates	6.98 g	
Dietary Fiber	0 g	
Saturated Fat	1.02 g	
Sodium	3 mg	

Directions

1. Dissolve cornstarch in vegetable stock in pot.
2. Bring to boil.
3. Remove from heat and allow to cool.
4. Use a wire whip to stir mixture, while adding oil slowly.
5. Add white vinegar, sugar, pepper, and granulated garlic and stir to blend.
6. Chill. Refrigerate until service. Stir or shake well before serving.

Notes

Special Tips:

- 1) Add imitation bacon bits and serve dressing hot over spinach or lettuce.
- 2) This works well as a marinade for steamed or canned

vegetables.

3) This dressing may be used as a substitute for cole slaw dressing.

Updated July 2014.

Cobb Mountain Garden Salad

Makes: 6 Servings

Ingredients

2 Dried pear halves
1/4 cup Pear juice
dash cider vinegar
dash honey
dash Dijon mustard
dash salt
dash Black pepper, ground
1/4 teaspoon Extra-virgin olive oil
6 cups Mesclun Mixed baby greens
1/2 tablespoon Grated hard goat cheese
1 1/3 cups Raw, grated, carrots
6 Packet of three whole wheat saltines, low salt, low fat
3 tablespoons walnuts, chopped



Directions

1. Steep pears in two cups boiling water to reconstitute for 15 minutes, drain and cool.
2. Chop 1 half pear and set aside, chop the other one half and simmer with pear nectar until reduced by half (about 20 minutes at medium heat).
3. Puree with vinegar, honey, mustard and salt & pepper and olive oil in blender
4. Put mixed greens in large mixing bowl, drizzle dressing over greens and mix together.
5. Add remaining chopped plumped pear, walnuts and grated carrots and toss lightly.
6. Portion out 1 cup of salad and top with 1/2 tablespoon grated aged cheese.

7. Serve with packet of 3 whole wheat saltines.

Notes

Serving Size: 1 cup salad

Comfy Collards

Makes: 6 Servings

Ingredients

4 cups fresh collard greens
3/4 cup red bell pepper
1/2 cup onion (about 1 small)
2 teaspoons olive oil
1 teaspoon Kosher salt
1/2 cup water



Directions

1. Wash all produce before beginning.
2. Trim stems and discard unwanted stems.
3. Cut collard greens into 1" strips
4. Cut peppers into pieces about 1/4" sized pieces
5. Slice onions into thin slices, ready to sautee.
6. Place sliced onions into stock pot on medium-high heat.
Add salt and oil and cook until onions are translucent
7. Add red bell peppers and collard greens to stock pot
8. Add water a bit at a time until all greens are covered
9. Cook until tender (about 20 minutes)

Notes

Serving Size: 1 cup

Confetti Soup

Prep time: 20 minutes

Cook time: 40 minutes

Makes: 6 Servings

This delicious recipe mixes together black-eyed peas, savory smoked turkey ham, fresh vegetables, and a secret ingredient, kale, to make up this warm, winter-wonder soup!

Ingredients

1 3/4 teaspoons canola oil
3/4 cup Fresh onions, peeled, diced
3/4 cup Fresh celery, diced
3/4 cup Fresh carrots, peeled, diced
1/2 teaspoon salt
1/2 teaspoon ground black pepper
1/4 teaspoon Whole fennel seed
1/8 teaspoon crushed red pepper (optional)
1 1/2 cups Canned low-sodium black-eyed peas, drained, rinsed
3 1/2 cups water
1 cup Extra-lean turkey ham, diced 1/4" (6 oz)
1/3 cup Fresh kale, coarsely chopped
1 1/2 tablespoons Fresh parsley, chopped

Directions

1. In a large pot, heat oil over medium-high heat. Add onions and celery. Cook for 2-3 minutes or until tender. Add carrots, salt, pepper, fennel seed, and optional crushed red pepper. Cook for an additional 2-3 minutes.
2. Add black-eyed peas and water. Cook uncovered for 25 minutes over medium heat.



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	94	
Total Fat	2.83 g	
Protein	7.92 g	
Carbohydrates	10.39 g	
Dietary Fiber	2.55 g	
Saturated Fat	0.4 g	
Sodium	487.58 mg	

MyPlate Food Groups

Vegetables	1/4 cup
Protein Foods	1 1/2 ounces

3. Add turkey ham and kale. Cook covered for an additional 10 minutes over medium heat until kale is tender.
4. Add parsley right before serving. Serve hot.

Notes

Our Story

Located in Charleston, South Carolina, Burke Middle and High School takes pride in sharing its rich history. The school strives to help each student reach his/her individual potential while achieving measurable success in the classroom.

This recipe challenge team formed a dynamic group with a local restaurant chef as their lead. The chef invited the team members to his restaurant to begin developing recipes for the competition. They worked to perfect the recipes and later prepared the recipes for the students to try. All of their hard work resulted in Confetti Soup. This isn't your everyday soup—your kids will surely be asking for more!

Burke Middle and High School

Charleston, South Carolina

School Team Members

School Nutrition Professional: Erin Boudolf, RD

Chef: Craig Deihl

Community Members: Jennifer Moore (The Medical University of South Carolina's Boeing Center for Promotion of Healthy Lifestyles in Children and Families) and Coleen Martin (The Medical University of South Carolina's Boeing Center for Promotion of Healthy Lifestyles in Children and Families)

Students: Auja R., Keshawn J., Quatifah L., and Tyler M.

1 cup provides:

Legume as Meat Alternate: 1 ½ oz equivalent meat/meat alternate and ¼ cup other vegetable.

OR

Legume as Vegetable: ½ oz equivalent meat, ¼ cup legume vegetable, and ¼ cup other vegetable.

Legume vegetable can be counted as either a meat alternate or as a legume vegetable but not as both simultaneously

Recipe for Healthy Kids Cookbook for Homes

Confetti Soup

Makes: 50 or 100 Servings

This delicious recipe mixes together black-eyed peas, savory smoked turkey ham, fresh vegetables, and a secret ingredient, kale, to make up this warm, winter-wonder soup!

	50 Servings		100 Servings	
Ingredients	Weight	Measure	Weight	Measure
Canola oil		1/4 cup 1 Tbsp		1/2 cup 2 Tbsp
*Fresh onions, diced	1 lb 14 oz	1 qt 2 cups	3 lb 12 oz	3 qt
*Fresh celery, diced	1 lb 14 oz	1 qt 2 cups	3 lb 12 oz	3 qt
*Fresh carrots, diced	1 lb 14 oz	1 qt 2 cups	3 lb 12 oz	3 qt
Salt		1 Tbsp 1 tsp		2 Tbsp 2 tsp
Ground black pepper		1 Tbsp 1 tsp		2 Tbsp 2 tsp
Fennel seed, whole		2 tsp		1 Tbsp 2 tsp
Crushed red pepper (optional)		1 tsp		2 tsp
Canned low-sodium black- eyed peas, drained, rinsed	5 lb 10 oz	3 qt 1 cup (1 1/3 No. 10 cans)	11 lb 4 oz	1 gal 2 1/2 qt (2 2/3 No. 10 cans)
OR	OR	OR	OR	OR
Frozen black-eye peas (See Notes Section)	5 lb 10 oz	1 gal	11 lb 4 oz	2 gal
Water		1 gal 3 qt		3 gal 2 qt
Turkey Ham, extra-lean, diced 1/4"	3 lb	1 qt 2 1/2 cups	6 lb	3 qt 1 cup
*Fresh kale, coarsley chopped	4 oz	2 1/2 cups	8 oz	1 qt 1 cup
*Fresh parsley, finely chopped		2/3 cup		1 1/3 cups



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	94.09	
Total Fat	2.83 g	
Protein	7.92 g	
Carbohydrates	10.39 g	
Dietary Fiber	2.55 g	
Saturated Fat	0.4 g	
Sodium	487.58 mg	

Meal Components

Vegetables

_ Other 1/4 cup

Meat / Meat Alternate 1 1/2 ounces

Directions

1. Heat oil in a roasting pan/square head pan (20 Y" x 17 W" x 7") on top of stove. Sauté onions and celery for 2-3 minutes or until tender
2. Add carrots, salt, pepper, fennel, and crushed red pepper (optional). Sauté for an additional 2-3 minutes.
3. Add peas and water. Cook uncovered over medium heat for 20-25 minutes.
4. Add turkey ham and kale. Cook covered over low heat for an additional 10 minutes or until kale is tender. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
5. Critical Control Point: Hold for hot service at 135 °F or higher. Add parsley immediately before serving.
6. Portion with 8 fl oz ladle (1 cup).

Notes

Our Story

Located in Charleston, South Carolina, Burke Middle and High School takes pride in sharing its rich history. The school strives to help each student reach his/her individual potential while achieving measurable success in the classroom.

This recipe challenge team formed a dynamic group with a local restaurant chef as their lead. The chef invited the team members to his restaurant to begin developing recipes for the competition. They worked to perfect the recipes and later prepared the recipes for the students to try. All of their hard work resulted in Confetti Soup. This isn't your everyday soup—your kids will surely be asking for more!

Burke Middle and High School

Charleston, South Carolina

School Team Members

School Nutrition Professional: Erin Boudolf, RD

Chef: Craig Deihl

Community Members: Jennifer Moore (The Medical University of South Carolina's Boeing Center for Promotion of Healthy Lifestyles in Children and

Families) and Coleen Martin (The Medical University of South Carolina's Boeing Center for Promotion of Healthy Lifestyles in Children and Families)

Students: Auja R., Keshawn J., Quatifah L., and Tyler M.

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

1 cup provides:

Legume as Meat Alternate: 1½ oz equivalent meat/meat alternate and ¼ cup other vegetable.

OR

Legume as Vegetable: ½ oz equivalent meat, ¼ cup legume vegetable, and ¼ cup other vegetable.

Legume vegetable can be counted as either a meat alternate or as a legume vegetable but not as both simultaneously.

Cooking time increases if frozen black-eyed peas are used. Cook until peas are soft.

Confetti Turkey Pocket

Makes: 6 Servings

Ingredients

3/4 cup White whole wheat flour
7/8 cup All-purpose flour, enriched
2 1/2 teaspoons Dry milk, instant, nonfat
1 tablespoon + 2 tsp Sugar, granulated
1 teaspoon Yeast, instant, dry
1 1/3 teaspoons salt
2 2/3 tablespoons Oil, vegetable
1/2 cup water
336 grams Turkey roast, cooked, boneless
Carrots, fresh
Sweet potatoes, fresh
28 grams onion, diced
2 fluid ounces chicken broth
2 tablespoons + 1 tsp Sugar, brown
Butternut Squash, fresh



Directions

1. Place flour, dry milk, sugar, yeast and salt in mixer bowl.
2. Blend with dough hook for approximately 2 minutes on low speed.
3. Add oil and blend for approximately 2 minutes on low speed.
4. Add water to dry ingredients. If dough appears too stiff, add additional water. Water is the variable, more or less can be added as needed.
5. Mix for 1 minute on low speed or until all water is mixed with dry ingredients. Knead dough on medium speed for 8-10 minutes until dough is properly developed.
6. Clean and dice all vegetables 3/8".

7. Place vegetables, broth, sugar and salt in tilt skillet.
Cook for 10 minutes or until all liquid has evaporated and forms a sticky base.
8. Add cooked turkey. Set aside and let cool.
9. Roll out dough to 1/4" thickness and cut into 6x8 rectangles weighing approximately 3.5 oz each.
10. Add heaping 1/2 cup of meat mixture onto each rectangle, pulling up corners, pinching to seal.
11. Let raise and bake in convection oven at 350 degree Fahrenheit for 12-14 minutes or until bread is golden brown.

Cooking Rice (Oven or Steamer)

Rating: ★★

Makes: 50 or 100 Servings

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Brown rice, medium grain, regular	3 lb 12 oz	2 qt ½ cup	7 lb 8 oz	1 gal 1 cup
OR	OR	OR	OR	OR
Brown rice, long grain, regular	3 lb 6 oz	2 qt	6 lb 12 oz	1 gal
OR	OR	OR	OR	OR
Brown rice, long grain, parboiled	3 lb 10 oz	2 qt 1 ¼ cups	7 lb 4 oz	1 gal 2 ½ cups
Water, boiling		3 qt		1 gal 2 qt
Salt		2 tsp		1 Tbsp 1 tsp

Nutrition Information

Meal Components

Grains 1 ounce

Directions

1. Do not rinse brown rice.
2. Place 1 lb 14 oz medium grain, or 1 lb 11 oz long grain, or 1 lb 13 oz par boiled rice in each steamtable pan (12" x 20" x 2 ½"). For 50 servings, use 2 pans. For 100 servings, use 4 pans.
3. Add salt to boiling water. Pour water over rice. (1 qt 2 cups per steamtable pan).
4. Cover pans tightly.
5. Bake: Conventional oven: 350° F for 30 minutes. Convection oven: 325° F for 30 minutes. Steamer: 5 lb pressure for 25 minutes.
6. Remove from oven or steamer.
7. CCP: Hold for hot service at 135° F or higher. OR CCP:

Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an additional 4 hours. Portion with No. 8 scoop (½ cup).

Notes

Special Tip:

Cooking Brown Rice, long grain, regular

For 50 Servings, use 3 lb 2 oz brown rice and 1 gal 3 ½ cups boiling water and 2 tsp salt. Place 1 lb 9 oz of rice and 2 qt 1 ¾ cups of water in each steamtable pan (12" x 20" x 2 ½"). Use 2 pans. Cover and bake at 350° F or steam at 5 lb pressure for 50 minutes.

For 100 servings, use 6 lb 4 oz brown rice and 2 gal 1 ¾ qt boiling water and 1 Tbsp 1 tsp salt. Place 1 lb 9 oz of rice and 2 qt 1 ¾ cups of water in each steamtable pan (12" x 20" x 2 ½"). Use 4 pans. Cover and bake at 350° F or steam at 5 lb pressure for 50 minutes.

A new nutrient analysis will be coming.

Updated July 2014. Restandardization in progress.

Corn and Green Bean Casserole

Makes: 50 or 100 servings

	50 Servings		100 Servings	
Ingredients	Weight	Measure	Weight	Measure
Reduced calorie salad dressing	1 lb 4 oz	2 ½ cups	2 lb 8 oz	1 qt 1 cup
OR	OR	OR	OR	OR
Lowfat mayonnaise	1 lb 4 oz	2 ½ cups	2 lb 8 oz	1 qt 1 cup
Reduced fat cheddar cheese, shredded	6 oz	1 ½ cups	12 oz	3 cups
*Fresh celery, chopped	1 lb	3 ¾ cups	2 lb	1 qt 3 ½ cups
*Fresh onions, chopped (optional)	8 oz	1 ? cups	1 lb	2 ? cups
Frozen no salt added whole-kernel corn, thawed	5 lb	3 qt 2 cups	10 lb	1 gal 3 qt
Frozen French-cut green beans, thawed	5 lb	1 gal 1 ½ cups	10 lb	2 gal 3 cups
Enriched soft bread crumbs	1 lb	2 qt 2 cups	2 lb	1 gal 1 qt
Trans fat-free, margarine, melted	4 oz	½ cup	8 oz	1 cup

Nutrition Information

Meal Components

Vegetables	1/8 cup
_ Starchy	1/4 cup
_ Other	1/4 cup

Directions

1. In a large bowl, mix salad dressing or mayonnaise, reduced fat Cheddar cheese, celery, and onions (optional).
2. In a steamtable pan (12" x 20" x 2 ½") which has been lightly coated with pan release spray place 5 lb of corn and 5 lb of green beans. Add 2 qt of salad dressing mixture to vegetables and mix thoroughly. For 50 servings, use 1 pan. For 100 servings, use
3. Mix bread crumbs with melted margarine. Sprinkle 1 qt 1 cup of the bread crumb mixture on top of each

steamtable pan.

4. Bake until golden-brown: Convectional oven: 350° F for 40 minutes Convection oven: 350° F for 30 minutes CCP: Heat to 140° F or higher.

5. CCP: Hold for hot service at 135° F or higher. Portion with No. 8 scoop (½ cup).

Notes

*See Marketing Guide.

Special Tip:

For best results, thaw vegetables overnight in a refrigerator.

A new nutrient analysis will be coming. Edited July 2014. Restandardization in progress.

Corn Pudding

Makes: 50 or 100 servings

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Instant nonfat dry milk, reconstituted		2 cups		1 qt
Enriched all-purpose flour	12 oz	2 ¾ cups	1 lb 8 oz	1 qt 1 ½ cups
Frozen whole eggs, thawed	1 lb 8 oz	3 cups	3 lb	1 qt 1 ? cups
OR		OR		OR
Fresh large eggs, beaten (see Special Tip)		14 each		27 each
Trans fat-free margarine, melted	4 oz	½ cup	8 oz	1 cup
Sugar		2 Tbsp		¼ cup
Ground black or white pepper		1 tsp		2 tsp
Ground nutmeg (optional)		1 tsp		2 tsp
Canned low-sodium liquid pack whole-kernel corn, drained	2 lb 12 oz	1 qt 2 ½ cups (? No. 10 can)	5 lb 8 oz	3 qt 1 cup (1 ? No. 10 cans)
Canned low-sodium cream style corn	4 lb 8 oz	2 qt (? No.10 can)	9 lb	1 gal (1 ? No. 10 cans)
*Fresh onions, chopped (optional)	4 oz	? cup	8 oz	1 ? cups
OR	OR	OR	OR	OR
Dehydrated onions (optional)	1 ? oz	¼ cup 2 Tbsp	2 ? oz	¾ cup

Nutrition Information

Meal Components

Vegetables

_ Starchy 1/4 cup

Meat / Meat Alternate 1/2 ounce

Directions

1. Combine milk, flour, eggs, margarine, sugar, pepper, and nutmeg (optional) in mixer bowl. Mix with whip for 2 minutes on low speed, 1 minute on medium speed, and 1 minute on high speed.

2. Change to paddle. Add whole-kernel corn, cream style corn, and onions (optional). Mix for 2 minutes on low speed.
3. Pour 10 lb 12 oz (1 gal 1 ? qt) into each steamtable pan (12" x 20" x 2 ½") which has been lightly coated with pan release spray. For 50 servings, use 1 pan. For 100 servings, use 2 pans.
4. Bake until golden brown: Conventional oven: 375° F for 50-60 minutes Convection oven: 325° F for 30-40 minutes CCP: Heat to 145° F or higher for 3 minutes.
5. CCP: Hold for hot service at 135° F or higher. Cut each pan 5 x 10 (50 pieces per pan).

Notes

Special Tip:

For 50 servings, use 7 oz (2 ¼ cups 2 Tbsp) dried whole eggs and 2 ¼ cups 2 Tbsp water in place of eggs.

For 100 servings, use 13 ½ oz (1 qt ½ cup) dried whole eggs and 1 qt ½ cup water in place of eggs.

Updated July 2014. Restandardization in progress.

Corn Pudding

Makes: 25 or 50 Servings

25 Servings

50 Servings

Ingredients	Weight	Measure	Weight	Measure
Instant nonfat dry milk, reconstituted		1 cup		2 cups
Enriched all-purpose flour	6 oz	1 ¼ cups	12 oz	2 ¾ cups
		Tbsp		
Frozen whole eggs, thawed	12 oz	1 ½ cups	1 lb 8 oz	3 cups
OR	OR	OR		OR
Fresh large eggs		7 each		14 each
Margarine or butter, melted	2 oz	¼ cup	4 oz	½ cup
Sugar		1 Tbsp		2 Tbsp
Ground black or white pepper		½ tsp		1 tsp
Ground nutmeg (optional)		½ tsp		1 tsp
Canned liquid packed whole kernel corn, drained	1 lb 6 oz	3 ¼ cups (? No. 10 can)	2 lb 12 oz	1 qt 2 ½ cups (? No. 10 can)
Canned corn cream style	2 lb 4 oz	1 qt (? No. 10 can)	4 lb 8 oz	2 qt (? No. 10 can)
Dehydrated onions (optional)		2 Tbsp 2 tsp	2 ¼ oz	? cup

Nutrition Information

Meal Components

Vegetables

Starchy 1/4 cup

Meat / Meat Alternate 1/2 ounce

Directions

1. Combine milk, flour, eggs, margarine or butter, sugar, pepper, and nutmeg (optional) in mixer bowl. Mix with whip attachment for 2 minutes on low speed, 1 minute on medium speed, and 1 minute on high speed.
2. Change to paddle attachment. Add whole kernel corn, cream style corn, and onions (optional). Mix for 2 minutes on low speed.
3. Pour 4 lb 14 oz (2 qt 2 ? cups) Into each pan (9" x 13" x 2") which has been lightly coated with pan release spray.

For 25 servings, use 1 pan. For 50 servings, use 2 pans.

4. Bake until lightly browned: Conventional oven: 375° F for 50-60 minutes Convection oven: 325° F for 30-40 minutes CCP: Heat to 160° F or higher.

5. CCP: Hold at 140° F or warmer. Cut each pan 5 x 5 (25 pieces). Portion is 1 piece.

Cornbread

Makes: 50 or 100 servings

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Whole wheat/enriched blend flour	1 lb	3 ¾ cups	2 lb	1 qt 3 ½ cups
Cornmeal	1 lb	3 ¾ cups	2 lb	1 qt 3 ½ cups
OR	OR	OR	OR	OR
Enriched corn grits	1 lb	2 ¾ cups	2 lb	1 qt 1 ½ cups
Sugar	5 ¼ oz	¾ cup	10 ½ oz	1 ½ cups
baking powder		2 Tbsp 2 tsp	2 oz	? cup
Salt		1 ¼ tsp		2 ½ tsp
Frozen whole eggs, thawed	5 ¼ oz	? cup	10 ½ oz	1 ¼ cups
OR		OR		OR
Fresh large eggs (see Special Tip)		3 each		6 each
Instant nonfat dry milk, reconstituted		3 ¾ cups		1 qt 3 ½ cups
Vegetable oil		½ cup		1 cup
Reduced fat Cheddar cheese, shredded (optional)	12 oz	3 cups	1 lb 8 oz	1 qt 2 cups
*Fresh green chili peppers, chopped (optional)	4 oz	¾ cup 3 Tbsp	8 oz	1 ¾ cups 2 Tbsp

Nutrition Information

Meal Components

Grains 1 ounce

Directions

1. Blend flour, cornmeal or corn grits, sugar, baking powder, and salt in mixer for 1 minute on low speed.
2. Mix eggs, milk, oil, cheese (optional), and chili peppers (optional). Add to dry ingredients and blend for 30 seconds on low speed. Beat until dry ingredients are moistened for

2-3 minutes on medium speed. DO NOT OVERMIX. Batter will be lumpy.

3. Pour 4 lb 14 oz (2 qt 2 cups) batter into each half-sheet pan (18" x 13" x 1") which has been lightly coated with pan release spray. For 50 servings, use 1 pan. For 100 servings, use 2 pans.

4. Bake until lightly browned: Conventional oven: 400° F for 30-35 minutes. Convection oven: 350° F for 20-25 minutes.

5. Cut each half-sheet pan 5 x 10 (50 pieces per pan).

Notes

Special Tip:

For 50 servings, use 1 ½ oz (½ cup) dried whole eggs and ½ cup water in place of eggs.

For 100 servings, use 3 oz (1 cup) dried whole eggs and 1 cup water in place of eggs.

A new nutrient analysis will be coming. Updated July 2014. Restandardization in progress.

Cornbread Stuffing

Makes: 50 or 100 Servings

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Enriched soft bread cubes	2 lb 5 ½ oz	1 gal 1 ½ qt	4 lb 11 oz	2 gal 3 qt
Cornbread (B-09), crumbled	2 lb 5 ½ oz	2 qt 2 ½ cups	4 lb 11 oz	1 gal 1 ¼ qt
*Fresh celery, chopped	1 lb	3 ¾ cups	2 lb	1 qt 3 ½ cups
*Fresh onions, chopped	12 oz	2 cups	1 lb 8 oz	1 qt
OR	OR	OR	OR	OR
Dehydrated onions	2 ¼ oz	? cup	4 ½ oz	? cup
Poultry seasoning		1 Tbsp		2 Tbsp
Ground black or white pepper		1 ½ tsp		1 Tbsp
Granulated garlic		1 Tbsp		2 Tbsp
Margarine or butter, melted	10 ½ oz	1 ? cups	1 lb 5 oz	2 ? cups
Dried thyme (optional)		2 Tbsp		¼ cup
Chicken stock, non-MSG		3 qt		1 gal 2 qt

Directions

1. Combine bread cubes, crumbled cornbread, celery, onions, poultry seasoning, pepper, granulated garlic, margarine or butter, and thyme (optional). Mix lightly until well blended.
2. Add chicken stock to bread mixture. Mix gently to moisten.
3. Spread 6 lb 7 oz (3 qt 3 cups) of stuffing evenly into each steamtable pan (12" x 20" x 2 ½") which has been lightly coated with pan release spray. For 50 servings, use 2 pans. For 100 servings, use 4 pans.
4. Bake: Conventional oven: 350° F for 30-40 minutes
Convection oven: 300° F for 20-30 minutes CCP: Heat to

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	162	
Total Fat	7.1 g	
Protein	3.59 g	
Carbohydrates	21.19 g	
Dietary Fiber	1.2 g	
Saturated Fat	1.34 g	
Sodium	289 mg	

Meal Components

Grains	1 1/2 ounces
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165° F or higher for at least 15 seconds.

5. CCP: Hold for hot service at 135° F or higher. Cut each pan 5 x 5 (25 pieces).

6. If desired, serve with Chicken or Turkey Gravy (see G-03A).

Notes

*See Marketing Guide.

Country Fried Steak

Makes: 50 or 100 Servings

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Enriched all-purpose flour	8 oz	1 ¾ cups 2 Tbsp	1 lb	3 ¾ cup
Salt		1 Tbsp		2 Tbsp
Ground black or white pepper		1 Tbsp		2 Tbsp
Dehydrated onions	2 ¾ oz	1 ? cups	5 ¼ oz	2 ? cups
Raw ground beef (no more than 20% fat)	9 lb		18 lb	
Trans fat-free margarine	4 oz	1/2 cup	8 oz	1 cup
Enriched all-purpose flour	5 oz	1 cup 3 Tbsp	10 oz	1 3/4 cups 2 Tbsp
Beef stock, non-MSG, hot		2 qt 1/2 cup		1 gal 1 cup
Onion powder		2 tsp		1 Tbsp 1 tsp
Ground black or white pepper		¼ tsp		½ tsp

Directions

1. Combine flour, salt, and pepper.
2. Combine about ½ of the seasoned flour with onions and ground beef in mixer bowl. Mix for 2 minutes on low speed.
3. Place 4 lb 13 oz (2 qt 1 cup) ground beef mixture into each sheet pan (18" x 26" x 1"). Pat or flatten meat with rolling pin to cover pan evenly. For 50 servings, use 2 pans. For 100 servings, use 4 pans.
4. Sprinkle remaining seasoned flour evenly over meat, about ½ cup per pan. Pat into meat.
5. Cut each pan 5 x 5 (25 portions per pan).
6. Bake: Conventional oven: 375° F for 15 minutes.
Convection oven: 300° F for 10 minutes.

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	216	
Total Fat	12.51 g	
Protein	17.4 g	
Carbohydrates	7.36 g	
Dietary Fiber	0.4 g	
Saturated Fat	4.94 g	
Sodium	239 mg	

Meal Components

Meat / Meat Alternate 2 ounces

7. Transfer steaks, browned side up, into steamtable pans (12" x 20" x 2 ½"). For 50 servings, use 1 pan. For 100 servings, use 2 pans.

8. For brown gravy: Melt margarine in stock pot. Blend in flour and cook on medium heat, stirring frequently until golden brown, 8-10 minutes.

9. Slowly stir in beef stock, onion powder, and pepper. Blend well and bring to boil. Reduce heat. Simmer, stirring constantly until thickened, 6-8 minutes.

10. Pour gravy over steaks, approximately 2 qt per pan. Cover pans.

11. Bake: Conventional oven: 375° F for 15 minutes. Convection oven: 300° F for 10 minutes. CCP: Heat to 155° For higher for at least 15 seconds.

12. Serve 1 steak with gravy or on a roll. CCP: Hold for hot service at 135° F or higher.

Cream Gravy

Makes: 1 or 1 servings

1 Servings

1 Servings

Ingredients	Weight	Measure	Weight	Measure
Trans fat-free margarine		2 ½ Tbsp	5 oz	½ cup 2 Tbsp
Enriched all-purpose flour		¼ cup 2 Tbsp	6 oz	1 ½ cups
Instant nonfat dry milk, reconstituted, hot		1 qt ¼ cup		1 gal 1 cup
Onion powder		1 tsp		1 Tbsp 1 tsp
Ground black or white pepper		? tsp		½ tsp

Directions

1. Melt margarine in stock pot. Blend in flour and cook on medium heat, stirring frequently until light brown, 5 minutes.
2. Slowly stir in reconstituted dry milk, onion powder, and pepper. Blend well and bring to boil. Reduce heat. Simmer on medium heat, stirring constantly until thickened, 6-8 minutes. CCP: Heat to 165° F or higher for at least 15 seconds.
3. CCP: Hold for hot service at 135° F or higher.

Notes

Special Tip: Serve over mashed potatoes, noodles, rice, meat, or poultry.

Updated July 2014. Restandarization in progress. A new nutrient analysis will be coming.

Cream of Chicken Soup

Makes: 50 or 100 Servings

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Trans fat-free margarine	12 oz	1 ½ cups	1 lb 8 oz	3 cups
Enriched all-purpose flour	12 oz	2 ¾ cups	1 lb 8 oz	1 qt 1 ½ cups
Low-sodium chicken stock, non-MSG, hot		2 qt 2 cups		1 gal 1 qt
Skim milk		2 gal 1 qt		4 gal 2 q
*Cooked chicken, diced (see Special Tip)	3 lb 2 oz	2 qt 2 cups	6 lb 4 oz	1 gal 1 qt
Ground black or white pepper		2 tsp		1 Tbsp 1 tsp
Salt (optional)		1 tsp		2 tsp

Nutrition Information

Meal Components

Meat / Meat Alternate 1

Directions

1. Melt margarine in steam-jacketed kettle. Whisk in flour and cook mixture for 5 minutes. Do not brown.
2. Slowly add chicken stock while continuously whisking. Simmer until smooth and thickened, not above 180° F.
3. While soup is cooking, heat the milk.
4. Pour 8 lb 10 ½ oz (1 gal ¾ cup) into medium steamtable pan (12" x 20" x 4"). For 50 servings, use 3 pans. For 100 servings, use 6 pans.
5. CCP: Hold for hot service at 135° F or higher. Portion with 8 oz ladle (1 cup).

Notes

Special Tip:

*Cooked turkey can be substituted for chicken.

Updated July 2014. Restandarization in progress. A new nutrient analysis will be coming.

Cream of Vegetable Soup

Makes: 50 or 100 Servings

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Trans fat-free margarine	1 lb	2 cups	2 lb	1 qt
*Fresh onions, chopped	14 oz	2 ½ cups	1 lb 12 oz	1 qt 1 cup
OR	OR	OR	OR	OR
Dehydrated onions	2 ½ oz	1 ¼ cups	5 oz	2 ½ cups
*Fresh celery, chopped (optional)	8 ½ oz	2 cups	1 lb 1 oz	1 qt
Enriched all-purpose flour	1 lb	3 ¾ cups	2 lb	1 qt 3 ½ cups
Instant non-fat dry milk, reconstituted, hot		2 qt		1 gal
Chicken stock, non-MSG		2 gal 1 qt		4 gal 2 qt
Ground black or white pepper		1 tsp		2 tsp
Dried basil (optional)		1 Tbsp		2 Tbsp
Dried parsley (optional)		¼ cup		½ cup
Granulated garlic		1 Tbsp		2 Tbsp
Canned low-sodium mixed vegetables, drained	5 lb	2 qt 3 ¼ cups (1 ¼ No. 10 cans)	10 lb	1 gal 2 ? qt (2 ½ No. 10 cans)

Directions

1. Melt trans fat-free margarine. Add onions and celery (optional). Cook over medium heat for 5-10 minutes.
2. Blend in flour and cook over medium heat, stirring constantly until light brown, 5 minutes.
3. Slowly stir in milk, stock, pepper, basil (optional), parsley (optional), and granulated garlic. Blend well and bring to boil. Reduce heat. Simmer, uncovered, stirring frequently until slightly thickened, 10-15 minutes.
4. Add vegetables. Cook over medium heat until heated

through, 5-10 minutes. CCP: Heat to 165° F or higher for at least 15 seconds.

5. Pour 9 lb 2 oz (1 gal ? cup) into a medium steamtable pan (12" x 20" x 4"). For 50 servings, use 3 pans. For 100 servings, use 6 pans.

6. CCP: Hold for hot service at 135° F or higher. Portion with 8 oz ladle (1 cup).

Notes

*See Marketing Guide.

Updated July 2014. Restandardization in progress. A new nutrient analysis will be coming.

Creamy Cole Slaw

Makes: 50 or 100 servings

	50 Servings		100 Servings	
Ingredients	Weight	Measure	Weight	Measure
*Fresh green cabbage, chilled, shredded	3 lb 11 oz	1 gal 2 qt	7 lb 6 oz	3 gal
*Fresh carrots, shredded	6 oz	1 ¾ cups	12 oz	3 ½ cups
*Fresh green peppers, chopped or diced (optional)	2 ½ oz	½ cup	5 oz	1 cup
Reduced calorie salad dressing	14 oz	1 ¾ cups	1 lb 12 oz	3 ½ cups
OR	OR	OR	OR	OR
Lowfat mayonnaise	14 oz	1 ¾ cups	1 lb 12 oz	3 ½ cups
Sugar		2 Tbsp		¼ cup
Celery seed		2 tsp		1 Tbsp 1 tsp
Dry mustard		1 tsp		2 tsp
White vinegar		2 Tbsp		¼ cup

Directions

1. Place cabbage, carrots, and peppers (optional) in large bowl and toss lightly to mix.
2. Combine salad dressing or mayonnaise, sugar, celery seed, dry mustard, and vinegar.
3. Pour dressing over vegetables. Mix thoroughly. Spread 5 lb 3 oz (approximately 3 qt ½ cup) into each shallow pan (12" x 20" x 2 ½") to a product depth of 2" or less (see Special Tips). For 50 servings, use 1 pan. For 100 servings, use 2 pans.
4. CCP: Cool to 41° F or lower within 4 hours. Cover. Refrigerate until ready to serve.
5. Mix lightly before serving. Portion with No. 16 scoop (¼ cup).

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	33	
Total Fat	1.63 g	
Protein	0.6 g	
Carbohydrates	4.52 g	
Dietary Fiber	1 g	
Saturated Fat	0.26 g	
Sodium	77 mg	

Meal Components

Vegetables	1/2 cup
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Notes

*See Marketing Guide.

Special Tips:

- 1) For best results, shred cabbage and store overnight; add dressing just before serving.
- 2) If recipe is prepared in advance, the yield will be reduced.

Creamy Dip for Fresh Vegetables

Makes: 1 or 1 servings

Ingredients	1 Servings		1 Servings	
	Weight	Measure	Weight	Measure
Lowfat plain yogurt	8 ¾ oz	1 cup	2 lb 3 oz	1 qt
Reduced calorie salad dressing	1 lb 3 ½ oz	2 ½ cups	4 lb 14 oz	2 qt 2 cups
OR	OR	OR	OR	OR
Lowfat mayonnaise	1 lb 3 ½ oz	2 ½ cups	4 lb 14 oz	2 qt 2 cups
Instant nonfat dry milk, reconstituted		½ cup		2 cups
Dried parsley		2 Tbsp		½ cup
Granulated garlic		¾ tsp		1 Tbsp
Onion powder		¾ tsp		1 Tbsp
Salt		1 ½ tsp		2 Tbsp
Ground black or white pepper		½ tsp		2 tsp

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	52	
Total Fat	3.41 g	
Protein	0.7 g	
Carbohydrates	4.76 g	
Dietary Fiber	0.2 g	
Saturated Fat	0.61 g	
Sodium	269 mg	

Directions

1. Combine all ingredients. Blend well.
2. Cover. Refrigerate until service. For best results, refrigerate overnight to develop flavor.
3. Portion with 1 oz ladle (2 Tbsp).

Notes

Special Tip: Serve with raw vegetables or tossed green salads.

Crunchy Hawaiian Chicken Wrap

Rating: ★★★★★

Prep time: 20 minutes

Makes: 6 Wraps

This appealing main dish combines seasoned chicken, sweet pineapple, and crunchy shredded vegetables, topped with a delicious poppy seed dressing all wrapped in a warm, whole-wheat tortilla.

Ingredients

- 1/4 cup** light mayonnaise
- 1/8 cup** white vinegar
- 1/4 cup** sugar
- 1 teaspoon** poppy seeds
- 1 1/2 teaspoons** garlic powder
- 1 1/2 teaspoons** onion powder
- 1 1/2 teaspoons** chili powder
- 2 cups** Fresh broccoli, shredded
- 1 1/2 cups** Fresh carrots, peeled, shredded
- 1/4 cup** Canned crushed pineapple, in 100% juice, drained
- 1 cup** Fresh baby spinach, chopped
- 3 cups** Cooked diced chicken, 1/2" pieces (12 oz)
- 6** Whole-wheat tortillas, 10"

Directions

1. In a small mixing bowl, combine mayonnaise, vinegar, sugar, poppy seeds, garlic powder, onion powder, and chili powder for the dressing. Mix well. Cover and refrigerate.
2. Combine broccoli, carrots, pineapple, and spinach in a large bowl. Stir in dressing and chicken. Mix well. Serve immediately or cover and refrigerate.



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	308	
Total Fat	6 g	
Protein	24 g	
Carbohydrates	42 g	
Dietary Fiber	5 g	
Saturated Fat	2 g	
Sodium	408 mg	

MyPlate Food Groups

Vegetables	1/2 cup
Grains	2 ounces
Protein Foods	2 ounces

3. For each wrap, place 2/3 cup filling on the bottom half of the tortilla and roll in the form of a burrito. Place seam side down. Cut diagonally. Serve immediately.

Suggestion

Filling may be made up to one day in advance. Assemble wraps when ready to serve.

Notes

Our Story

Mount Lebanon Elementary School is located in beautiful, historic Pendleton, South Carolina. For this competition, their “Healthy Kids Committee” worked diligently to develop, test, and prepare a recipe. The team tested the recipe and served it to a small group of students. To narrow down the choices, this wrap was cooked once with fish and once with chicken. The students were split half and half on which one they liked the best. The team chose chicken. Their creation, Crunchy Hawaiian Chicken Wrap, was so popular that it is currently featured on the Mount Lebanon Elementary School menu. As the name suggests, Crunchy Hawaiian Chicken Wrap is deliciously crunchy with a refreshing hint of tropical sweetness that kids find irresistible.

Mount Lebanon Elementary School

Pendleton, South Carolina

School Team Members

School Nutrition Professional: Vikki Mullinax

Chef: Loretta Arnold-Hayes (Owner and Chef, 1826 On The Green)

Community Member: Kristi Martin (School Nurse)

Student: Chandler W.

Recipes for Healthy Kids Cookbook for Homes

Crunchy Hawaiian Chicken Wrap

Makes: 50 or 100 Servings

This appealing main dish combines seasoned chicken, sweet pineapple, and crunchy shredded vegetables, topped with a delicious poppy seed dressing all wrapped in a warm, whole-wheat tortilla.

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Light mayonnaise	1 lb	2 cups	2 lb	1 qt
White vinegar		1 1/2 cups		3 cups
Sugar	1 lb	2 cups	2 lb	1 qt
Poppy Seeds		2 Tbsp 2 tsp	2 1/2 oz	1/4 cup 1 1/3 Tbsp
Onion powder		1/4 cup	2 oz	1/2 cup
Garlic powder		1/4 cup	2 oz	1/2 cup
Chili powder		1/4 cup	2 oz	1/2 cup
*Fresh broccoli, shredded	3 lb	1 gal	6 lb	2 gal
*Fresh carrots, shredded	2 lb	2 1/2 qt	4 lb	1 gal 2 qt
*Fresh baby spinach, chopped	12 1/2 oz	1 qt 1 cup	1 lb 9 oz	2 qt 2 cups
Canned crushed pineapple, in 100% juice, drained	1 lb 5 oz	2 1/2 cups (1/4 No. 10 can)	2 lb 10 oz	1 qt 1 cup (1/2 No. 10 can)
Frozen, cooked diced chicken, thawed, 1/2" pieces	6 lb 8 oz	1 gal 1 1/4 qt	13 lb	2 gal 2 1/2 qt
Whole-wheat tortillas, 10" (1.8 oz each)		50		100

Directions

1. To make dressing, combine mayonnaise, vinegar, sugar, poppy seeds, onion powder, garlic powder, and chili powder. Mix well. Refrigerate at 40 °F.



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	307.83	
Total Fat	6.38 g	
Protein	23.78 g	
Carbohydrates	41.5 g	
Dietary Fiber	5.45 g	
Saturated Fat	1.63 g	
Sodium	408.49 mg	

Meal Components

Vegetables	
_ Dark Green	1/4 cup
_ Red & Orange	1/8 cup
_ Other	1/8 cup
Grains	1 3/4 ounces
Meat / Meat Alternate	2 ounces

2. Combine broccoli, carrots, spinach, and pineapple. Mix in dressing and chicken. Critical Control Point: Cool to 41 °F or lower within 4 hours.
3. Portion filling with No. 6 scoop (M cup) onto center of each tortilla. Roll in the form of a burrito and seal. Cut diagonally in half.
4. Critical Control Point: Hold for cold service at 41 °F or lower.
5. Serve 1 wrap (two halves).

Notes

Our Story

Mount Lebanon Elementary School is located in beautiful, historic Pendleton, South Carolina. For this competition, their “Healthy Kids Committee” worked diligently to develop, test, and prepare a recipe. The team tested the recipe and served it to a small group of students. To narrow down the choices, this wrap was cooked once with fish and once with chicken. The students were split half and half on which one they liked the best. The team chose chicken. Their creation, Crunchy Hawaiian Chicken Wrap, was so popular that it is currently featured on the Mount Lebanon Elementary School menu. As the name suggests, Crunchy Hawaiian Chicken Wrap is deliciously crunchy with a refreshing hint of tropical sweetness that kids find irresistible.

Mount Lebanon Elementary School

Pendleton, South Carolina

School Team Members

School Nutrition Professional: Vikki Mullinax

Chef: Loretta Arnold-Hayes (Owner and Chef, 1826 On The Green)

Community Member: Kristi Martin (School Nurse)

Student: Chandler W.

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

May prepare filling 1 day ahead for flavors to blend.

Suggestion: Keep wraps and filling separate and assemble at time of serving to prevent tortillas from getting soggy. Or serve slaw/chicken mixture and tortilla separately and allow kids to build their own.

1/2 wrap (one half) provides 1 oz equivalent meat, 1/8 cup dark green vegetable, 1/8 cup other vegetable, and 3/4 oz equivalent grains.

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Cucumber Sauce

Makes: 50 or 100 servings

	50 Servings		100 Servings	
Ingredients	Weight	Measure	Weight	Measure
*Fresh cucumbers, peeled, seeded	1 lb 10 oz		3 lb 4 oz	
*Fresh onions, minced	2 oz	? cup	4 oz	? cup
Reduced calorie salad dressing	8 oz	1 cup	1 lb	2 cups
OR	OR	OR	OR	OR
Lowfat mayonnaise	8 oz	1 cup	1 lb	2 cups
White vinegar		2 Tbsp 1 tsp		¼ cup 2 tsp
Lowfat plain yogurt	1 lb	2 cups	2 lb	1 qt
Dried parsley		2 Tbsp		¼ cup
Salt		¼ tsp		½ tsp
Ground black or white pepper		¼ tsp		½ tsp

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	20	
Total Fat	1.03 g	
Protein	0.62 g	
Carbohydrates	2.19 g	
Dietary Fiber	0.2 g	
Saturated Fat	0.24 g	
Sodium	58 mg	

Directions

1. Grate cucumbers using a food processor or a grater. Place grated cucumbers in colander, and press to remove juice.
2. In a separate bowl, mix together the rest of the ingredients.
3. Fold cucumbers into mixture.
4. Chill at least 2 hours before serving.

Notes

*See Marketing Guide.

Special Tips:

- 1) For a quick Cucumber Sauce, add 1 lb 10 oz grated

cucumbers to 3 cups of Ranch Dressing (E-19) for 50 servings. For 100 servings, add 3 lb 4 oz grated cucumbers to 1 qt 2 cups of Ranch Dressing.

2) For best results, to develop flavor, prepare the night before.

Eagle Pizza

Makes: 6 Tostada Pizzas

A delicious combination of pizza and taco, this recipe is made with whole-grain tostada shells, refried beans, shredded cheese, and a stack of colorful veggies.

Ingredients

- 1/2 cup** Fresh spinach, julienne cut "shoestring strips"
- 1/2 cup** Fresh romaine lettuce, julienne cut "shoestring strips"
- 2 1/4 teaspoons** Salt-free chili-lime seasoning blend*
- 1 3/4 cups** Canned low-sodium refried beans, fat-free
- 3/4 cup** Fresh onions, peeled, diced
- 1 1/4 cups** Canned low-sodium corn, drained, rinsed
- 6** Whole-grain tostada shells
- 6 tablespoons** Reduced-fat Mexican cheese blend, shredded (1 1/2 oz)
- 1 cup** Fresh carrots, peeled, shredded
- 1/2 cup** Low-sodium salsa, mild
- 1/2 cup** fat-free sour cream

Directions

1. Preheat oven to 350 °F.
2. Combine spinach and lettuce in bowl and set aside.
3. In a medium mixing bowl, combine salt-free seasoning blend and refried beans. Set aside.
4. In a small skillet, coated with nonstick cooking spray, cook green peppers, onions, and corn for 3-4 minutes. Set aside.
5. For each pizza, place 1/4 cup of bean filling on tostada shell. Spread mixture evenly using the back of a spoon. Top with 1/3 cup sautéed vegetable mixture. Lightly sprinkle 1 Tbsp of cheese on top.



Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	206	
Total Fat	6 g	
Protein	9 g	
Carbohydrates	32 g	
Dietary Fiber	6 g	
Saturated Fat	2 g	
Sodium	290 mg	

MyPlate Food Groups

Vegetables	3/8 cup
Grains	1/2 ounce
Protein Foods	1 1/4 ounces

6. Place tostadas on a large baking sheet coated with nonstick cooking spray. Bake until cheese is melted, about 2 minutes.

7. Remove tostadas from oven. Top each tostada with:
About 1 Tbsp spinach/lettuce mixture. About 2 ½ Tbsp carrots.

About 1 Tbsp salsa. About 1 Tbsp sour cream
Serve immediately.

*If desired, use 2 ¼ tsp Salt-Free Taco Seasoning Blend in place of salt-free chili-lime seasoning.

Salt-Free Taco Seasoning Blend

1 tsp dried onion

1 tsp chili powder

½ tsp ground cumin

½ tsp crushed red pepper

½ tsp garlic powder

¼ tsp oregano

½ tsp cornstarch

Combine all ingredients. If using immediately do not add cornstarch.

Store in an airtight container.

Notes

Our Story

Byars Elementary School is located approximately an hour southeast of Oklahoma City. It is one of the few pre-kindergarten through 8th grade schools in the State. The recipe challenge team decided to name their creation after the school mascot. Members of the community teamed up with the school to pursue the challenge with Eagle Pride! Taste-tested by the student body, Eagle Pizza was a winner.

Eagle Pizza will give kids the power and energy they need for a busy day. This versatile recipe can easily be made with help from the kids. Eagle Pizza is a tasty choice that will make your sense of pride soar like an eagle when they smile over this yummy combination of pizza and taco!

Byars Elementary School

Byars, Oklahoma

School Team Members

School Nutrition Professional: Vickie Spray

Chef: Ruth Burrows, DTR

Community Member: Sandra Walck (past School Board Member)

Students: Gracie S., Braden P., Shawn M., Shawn T., and Travis W.

1 tostada pizza provides:

Legume as Meat Alternate: 1 $\frac{1}{4}$ oz equivalent meat alternate, $\frac{1}{8}$ cup red/orange vegetable, $\frac{1}{8}$ cup starchy vegetable, $\frac{1}{8}$ cup other vegetable, and $\frac{1}{2}$ oz equivalent grains.

OR

Legume as Vegetable: $\frac{1}{4}$ cup legume vegetable, $\frac{1}{8}$ cup red/orange vegetable, $\frac{1}{8}$ cup starchy vegetable, $\frac{1}{8}$ cup other vegetable, and $\frac{1}{2}$ oz equivalent grains.

Legume vegetable can be counted as either a meat alternate or as a legume vegetable but not as both simultaneously.

Eagle Pizza

Makes: 50 or 100 Servings

A delicious combination of pizza and taco, this recipe is made with whole-grain tostada shells, refried beans, shredded cheese, and a stack of colorful veggies.

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
*Fresh spinach, julienne sliced	5 oz	1 qt	10 oz	2 qt
*Fresh romaine lettuce, julienne sliced	8 oz	1 qt	1 lb	2 qt
Salt-free chili-lime seasoning blend		1/4 cup 2 Tbsp		3/4 cup
OR		OR		OR
Salt-free taco seasoning blend (See Notes Section)		1/4 cup 2 Tbsp		3/4 cup
Canned low-sodium refried pinto beans, fat-free	7 lb 12 oz	3 qt 1 1/2 cups (1 1/4 No. 10 cans)	15 lb 8 oz	1 gal 2 3/4 qt (2 1/4 No. 10 cans)
*Fresh green bell peppers, diced	2 lb	1 qt 2 cups	4 lb	3 qt
*Fresh onions, diced	2 lb	1 qt 2 1/4 cups	4 lb	3 qt
Canned low-sodium corn, drained, rinsed	3 lb 6 oz	1 qt 2 cups (1 No. 10 can)	6 lb 12 oz	3 qt (2 No. 10 cans)
Tostada shells (round) (0.5 oz each)		50		100
Reduced-fat Mexican cheese blend, shredded	1 lb	1 qt	2 lb	2 qt
*Fresh carrots, shredded	1 lb 8 oz	1 qt 3 1/2 cups	3 lb	1 gal 3 cups
Low-sodium salsa, mild	1 lb 8 oz	3 cups	3 lb	1 qt 2 cups
Fat-free sour cream	1 lb 8 oz	3 cups	3 lb	1 qt 2 cups



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	205.96	
Total Fat	5.69 g	
Protein	8.86 g	
Carbohydrates	32.2 g	
Dietary Fiber	5.99 g	
Saturated Fat	2.16 g	
Sodium	289.72 mg	

Meal Components

Vegetables	
_ Starchy	1/8 cup
_ Red & Orange	1/8 cup
_ Other	1/2 cup
Grains	1/2 ounce
Meat / Meat Alternate	1 1/4 ounces

Directions

1. Combine lettuce and spinach in bowl. Set aside.
2. Mix salt-free seasoning and beans. Set aside.
3. Sauté green peppers, onions, and corn for 3-4 minutes in a pan coated with pan release spray. Set aside.
4. Portion beans with No.16 scoop (¼ cup) on each tostada shell. Spread evenly.
5. Top with 1/3 cup vegetable mixture. Sprinkle with 1 Tbsp cheese.
6. Place tostadas on a sheet pan (18" x 26" x 1") lightly coated with pan release spray. For 50 servings, use 4 pans. For 100 servings, use 8 pans. Bake until cheese is melted: Conventional oven: 350 °F for about 5 minutes
Convection oven: 350 °F for about 3 minutes.
7. Critical Control Point: Heat to 135 °F or higher for at least 15 seconds.
8. Critical Control Point: Hold for hot service at 135 °F or higher.
9. Top each tostada with: 1 Tbsp 1 tsp spinach/lettuce mixture 2 Tbsp carrots 1 Tbsp salsa 1 Tbsp sour cream.
Serving suggestion: serve toppings in individual soufflé cups
10. Serve one tostada.

Notes

Our Story

Byars Elementary School is located approximately an hour southeast of Oklahoma City. It is one of the few pre-kindergarten through 8th grade schools in the State. The recipe challenge team decided to name their creation after the school mascot. Members of the community teamed up with the school to pursue the challenge with Eagle Pride! Taste-tested by the student body, Eagle Pizza was a winner.

Eagle Pizza will give kids the power and energy they need for a busy day. This versatile recipe can easily be made with help from the kids. Eagle Pizza is a tasty choice that

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Byars Elementary School

Byars, Oklahoma

School Team Members

School Nutrition Professional: Vickie Spray

Chef: Ruth Burrows, DTR

Community Member: Sandra Walck (past School Board Member)

Students: Gracie S., Braden P., Shawn M., Shawn T., and Travis W.

1 tostada pizza provides:

Legume as Meat Alternate: 1 1/4 oz equivalent meat alternate, 1/8 cup red/orange vegetable, 1/8 cup starchy vegetable, 1/2 cup other vegetable, and 1/2 oz equivalent grains.

OR

Legume as Vegetable: 1/4 oz equivalent meat alternate, 1/4 cup legume vegetable, 1/8 cup red/orange vegetable, 1/8 cup starchy vegetable, 1/2 cup other vegetable, and 1/2 oz equivalent grains.

Legume vegetable can be counted as either a meat alternate or as a legume vegetable but not as both simultaneously.

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

Salt-free taco seasoning blend**

For 50 servings:

- 2 Tbsp dried onion
- 2 Tbsp chili powder
- 1 Tbsp cumin
- 1 Tbsp crushed red pepper
- 1 Tbsp garlic powder
- 1 ½ tsp oregano
- 1 Tbsp cornstarch

For 100 servings:

- 4 Tbsp dried onion

4 Tbsp chili powder
2 Tbsp cumin
2 Tbsp crushed red pepper
2 Tbsp garlic powder
1 Tbsp oregano
2 Tbsp cornstarch

Combine all ingredients. Store in airtight container.

**If using immediately, do not add cornstarch.

TIP: Prepare one tostada pizza using exact measurements and use it as a guide to assemble remaining pizzas.

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Egg Salad Sandwich

Makes: 50 or 100 servings

Ingredients	50 Servings		100 Servings	
	Weight	Measure	Weight	Measure
Fresh large eggs, hard-cooked, peeled, chilled		50 each		100 each
*Fresh onions, chopped	8 oz	1 ? cups	1 lb	2 ? cups
*Fresh celery, chilled, chopped	14 ½ oz	3 ½ cups	1 lb 13 oz	1 qt 3 cups
Ground black or white pepper		1 ½ tsp		1 Tbsp
Dry mustard		1 ½ tsp		1 Tbsp
Reduced calorie salad dressing	14 oz	1 ¾ cups	1 lb 12 oz	3 ½ cups
OR	OR	OR	OR	OR
Lowfat mayonnaise	14 oz	1 ¾ cups	1 lb 12 oz	3 ½ cups
Sweet pickle relish, undrained, chilled	8 ½ oz	1 cup	1 lb 1 oz	2 cups
*Whole grain rich bread (0.9 oz per slice)	5 lb 10 oz	100 slices	11 lb 4 oz	200 slices

Nutrition Information

Meal Components

Grains 1 3/4 ounces

Meat / Meat Alternate 2 ounces

Directions

1. Finely chop eggs.
2. Combine eggs, onions, celery, pepper, dry mustard, salad dressing or mayonnaise, and pickle relish. Mix lightly until well blended. Spread 4 lb (approximately 2 qt ¼ cup) into each shallow pan (12" x 20" x 2 ½") to a product depth of 2" or less. For 50 s
3. CCP: Cool to 41° F or lower within 4 hours. Cover. Refrigerate until ready to use.
4. Portion with No. 12 scoop (? cup) on 1 slice of bread. Top with second slice of bread. Cut each sandwich diagonally in half. Cover. Refrigerate until service.

Notes

*See Marketing Guide.

A new nutrient analysis will be coming. Updated July 2014. Restandardization in progress.

Fiesta Beans & Rice

Makes: 6 Servings

Ingredients

1 1/4 cups Rice, brown, long grain, dry

1/4 cup salsa

1/4 cup tomato sauce

1 1/4 cups Beans, Red, canned

Directions

1. In a large saucepan, bring 3 cups of water to boil. Add rice, cover, and simmer for approximately 40-50 minutes, stirring occasionally.
2. Drain red beans in colander and rinse with cool water. Add beans to the rice.
3. Combine salsa and tomato sauce together in mixing bowl and add to the beans & rice.
4. Return and heat until internal temperature reaches 165°F.
5. Serve immediately.

Notes

Serving Size: 1/2 cup



Fiesta in a Bowl

Makes: 6 Servings

A colorful, romaine lettuce salad with traditional Mexican flavors of chili roasted chicken, black beans, tomatoes, corn, cilantro, lime and tortilla chips tossed in a chipotle lime vinaigrette.

Ingredients

1 pound Chicken Tenders
1 teaspoon chili powder
1 teaspoon + 4 Tbsp Olive oil
1 pound Romaine lettuce leaves
2 cups Black Beans, dried
1 1/2 cups Corn, whole kernels, frozen
2 Tomatoes, medium
1/2 cup Mexican cheese mix, shredded 2%
2 tablespoons Cilantro, fresh
1/2 cup Whole grain tortilla chips, no salt, broken into small pieces
2 tablespoons rice vinegar
1 tablespoon lime juice
1 teaspoon Chipotle chiles, canned in Adobo sauce



Directions

1. To prepare dried black beans, place beans in a saucepan and add 2 cups of water to every 1 cup of beans.
2. Boil beans for two minutes, take the pan off the heat, cover and allow to stand at room temperature for two hours.
3. Rinse and drain beans. Return drained beans to a large stock pot, adding enough water to cover at least 2 inches above the beans.
4. Bring the beans to a boil; reduce heat to a simmer, partially covering the pot for approximately 1 to 1.5 hours until beans are tender. If foam should

develop, skim off during the simmering process.

5. Rinse, drain and cool beans before adding to the salad.
6. Preheat oven to 400°F.
7. Place whole chicken tenders onto a baking pan and lightly sprinkle with olive oil and chili powder.
8. Bake for 15- 20 minutes until golden and internal temperature reaches 165°F for 15 seconds.
9. When the chicken has cooled, chop it into diced pieces. Chicken may be refrigerated until ready to serve salad.
10. In a small bowl, whisk together the second olive oil amount, rice vinegar, lime juice, and chipotle chiles. Set aside until ready to pour onto the salad or refrigerate until ready to use.
11. In a large mixing bowl add all of the remaining ingredients, toss with vinaigrette, and serve.

Fiesta Mexican Lasagna

Prep time: 30 minutes

Cook time: 1 hour, 0 minutes

Makes: 6 Servings

This main dish is filled with hearty, healthy ingredients. It's colorful vegetables are layered with crunchy tortilla chips, smooth black beans, flavorful cumin, oregano, and lively salsa, and baked to perfection as an aromatic, savory casserole.

Ingredients

- 66** Low-sodium tortilla chips (about 12 oz)
- 2 teaspoons** canola oil
- 1/4 cup** Fresh green bell pepper, seeded, diced
- 1 cup** Canned low-sodium corn, drained, rinsed
- 1 cup** Fresh onions, peeled, diced
- 2 cups** Fresh butternut squash, peeled, seeded, cubed 1/2"
- 1/2 teaspoon** Ground Oregano
- 1/2 teaspoon** ground cumin
- 1/2 teaspoon** Granulated Garlic
- 1/2 teaspoon** chili powder
- 1/2 teaspoon** paprika
- 1/2 teaspoon** salt
- 2 1/2 cups** Canned low-sodium black beans, drained, rinsed
- 1 1/4 cups** Low-sodium meatless spaghetti sauce
- 1 cup** Low-sodium salsa, mild

Directions

1. Preheat oven to 350 °F.
2. Divide chips evenly into three bowls (about 22 chips per bowl). Crumble one bowl of chips and reserve remaining two bowls of whole chips for use during the layering process.
3. In a medium mixing bowl, combine canola oil, green pepper, corn, and 1/2 cup of onions, reserving other half of onions for step 6. Toss to evenly coat with oil. Transfer



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	264	
Total Fat	4 g	
Protein	9 g	
Carbohydrates	52 g	
Dietary Fiber	9 g	
Saturated Fat	0.51 g	
Sodium	425 mg	

MyPlate Food Groups

Vegetables	3/4 cup
Grains	1 ounce
Protein Foods	1 ounce

vegetables to a large baking sheet. Roast uncovered at 350 °F for 15 minutes or until vegetables are slightly brown around the edges.

4.Steam squash in a steam basket over high heat for 15 minutes or until soft. Place squash in a large mixing bowl and mash until smooth.

5.Add roasted vegetables to squash. Mix well. Add ¼ teaspoon oregano and ¼ teaspoon cumin, reserving remaining spices for step 6. Mix well and set aside.

6.In a medium skillet coated with nonstick cooking spray, cook remaining onions, cumin, and oregano with garlic, chili powder, paprika, and salt over medium heat for 5 minutes or until the onions become translucent and soft.

7.Purée cooked onions and black beans in a food processor or blender until smooth. If needed, add 1-2 tablespoons of water to make the purée smoother

8.To make the sauce, combine spaghetti sauce and salsa in a bowl and set aside.

9. Layer ingredients in a 8" x8" nonstick baking pan sprayed with non-stick spray.

a.1 cup sauce

b.Bowl of whole chips (about 22 whole chips)

c.1 ¼ cups bean mixture (a rubber spatula dipped in water helps to spread the mixture evenly)

d.1 1/8 cups squash/vegetable mixture

e. Bowl of whole chips (about 22 whole chips)

f.1 ¼ cups bean mixture

g.1 1/8 cups squash/vegetable mixture

h.1 ¼ cups sauce

i. Bowl of crumbled chips

10.Cover with aluminum foil and bake at 350 °F for 30 minutes until thoroughly heated.

11.Remove from oven. Uncover and allow to rest for 15 minutes before serving.

12.Cut into six even portions. Serve hot.

Notes

Our Story

At the Ithaca City School District in picturesque Ithaca in upstate New York, their mission is to educate every student to become a life-long learner. The team's chef is

a co-owner of a local restaurant which is considered one of the “pioneer” restaurants for preparing and serving healthy, local, plant-based meals.

For its entry in the Recipes for Healthy Kids Competition, the team worked to create Fiesta Mexican Lasagna and conducted numerous taste tests with students. This hearty main dish features golden butternut squash, corn, and peppers roasted until sweet and the natural flavors caramelize together. This deliciously spicy spin on an Italian classic will leave your kids wanting more!

Ithaca City School District

Ithaca, New York

School Team Members

School Nutrition Professional: Denise Agati (Food Service Director)

Chef: Wynn timer Stein (Chef, Moosewood Restaurant)

Community Members: Amie Hamlin (Executive Director, New York Coalition for Healthy School Food) and Eric Smith (Owner, Cayuga Pure Organics)

Students: Alyia C. and Josie W. (Middle School Students)
One piece provides:

Legume as Meat Alternate: 1 oz equivalent meat alternate, 3/8 cup red/orange vegetable, 1/4 cup starchy vegetable, 1/8 cup other vegetable, and 3/4 oz equivalent grains.

OR

Legume as Vegetable: 1/4 cup legume vegetable, 3/8 cup red/orange vegetable, 1/4 cup starchy vegetable, 1/8 cup other vegetable, and 3/4 oz equivalent grains.

Legume vegetable can be counted as either a meat alternate or as a legume vegetable but not as both simultaneously.

Recipes for Healthy Kids Cookbook for Homes

Fiesta Mexican Lasagna

Makes: 50 or 100 Servings

This main dish is filled with hearty, healthy ingredients. It's colorful vegetables are layered with crunchy tortilla chips, smooth black beans, flavorful cumin, oregano, and lively salsa, and baked to perfection as an aromatic, savory casserole.

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Canola oil		1/4 cup 1 Tbsp		1/2 cup 2 Tbsp
*Fresh green bell peppers, diced	10 oz	1 1/2 cups	1 lb 4 oz	3 cups
Canned low-sodium corn, drained, rinsed	3 lb	1 qt 2 1/2 cups (2/3 No. 10 can)	6 lb	3 qt 1 cup (1 1/3 No. 10 cans)
*Fresh onions, diced	3 lb	2 qt 1 3/8 cup	6 lb	1 gal 2 3/4 cups
*Fresh butternut squash, peeled, cubed 1/2"	3 lb 8 oz	3 qt 3 cups	7 lb	3 gal 3 1/2 qt
Ground oregano		1 Tbsp 1 tsp		2 Tbsp 2 tsp
Ground cumin		1 Tbsp 1 tsp		2 Tbsp 2 tsp
Granulated garlic		1 Tbsp 1 tsp		2 Tbsp 2 tsp
Chili powder		1 Tbsp 1 tsp		2 Tbsp 2 tsp
Paprika		1 Tbsp 1 tsp		2 Tbsp 2 tsp
Salt		1 Tbsp 1 tsp		2 Tbsp 2 tsp
Canned low-sodium black beans, drained, rinsed	8 lb 8 oz	3 qt 3 1/3 cups (2 1/4 No. 10 cans)	17 lb	1 gal 3 1/2 qt (4 1/2 No. 10 cans)
OR	OR	OR	OR	OR
*Dry black beans, cooked (See Notes Section)	8 lb 8 oz	3 qt 3 1/3 cups	17 lb	1 gal 3 1/2 qt



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	263.63	
Total Fat	4.09 g	
Protein	8.71 g	
Carbohydrates	52.16 g	
Dietary Fiber	9.37 g	
Saturated Fat	0.51 g	
Sodium	425.06 mg	

Meal Components

Vegetables

_ Starchy	1/8 cup
_ Red & Orange	3/8 cup
_ Other	1/4 cup

Grains 3/4 ounce

Meat / Meat Alternate 1 ounce

meatless spaghetti sauce		(1 No. 10 can)		(2 No. 10 cans)
Canned low-sodium salsa, mild	3 lb 8 oz	1 qt 3 cups (1/2 No. 10 can)	7 lb	3 qt 2 cups (1 1/8 No. 10 cans)
Low-sodium tortilla chips	3 lb	About 530 chips	6 lb	About 1060 chips

Directions

1. Combine oil, green peppers, corn, and half of onions. Reserve remaining onions for step 5. Toss to coat. Transfer to a sheet pan (18" x 26" x 1"). For 50 servings, use 2 pans. For 100 servings, use 4 pans.
2. Roast uncovered until lightly brown around edges:
Conventional oven: 350 °F for 20 minutes
Convection oven: 350 °F for 12 minutes
3. Place squash in perforated steam table pan (12" x 20" x 2 ½") and steam for 15 minutes or until tender. For 50 servings, use 2 pans. For 100 servings, use 4 pans.
4. Mash squash until smooth. Add roasted vegetables, half of oregano and half of cumin. Reserve remaining oregano and cumin for step 5. Mix well. Set aside.
5. Lightly coat nonstick pan with pan release spray. Sauté remaining onions, oregano, and cumin with garlic, chili powder, paprika, and salt for 5 minutes or until soft.
6. Puree onion mixture and beans in a food processor to a smooth consistency. If needed, add water to make puree smoother: For 50 servings, use about ¼ cup water. For 100 servings, use about ½ cup water. Set aside.
7. Combine spaghetti sauce and salsa. Set aside.
8. For 50 servings, crumble 1 lb tortilla chips for topping. Reserve remaining 2 lb whole tortilla chips for lasagna layers. For 100 servings, crumble 2 lb tortilla chips for topping. Reserve remaining 4 lb whole tortilla chips for lasagna layers.
9. ASSEMBLY: Lightly coat steam table pan (12" x 20" x 2 ½") with pan release spray. For 50 servings, use 2 pans. For 100 servings, use 4 pans. FIRST LAYER: a. 1 qt ¼ cup sauce SECOND LAYER: a. 8 oz whole chips (about

85 chips), slightly overlapping b. 1 qt 1 cup (about 2 lb 4 oz) bean mixture c. 1 qt ½ cup (about 1 lb 15 oz) squash/vegetable mixture THIRD LAYER: Repeat second layer FOURTH LAYER: a. 1 qt ¼ cup sauce b. 8 oz crumbled chips, about 2 ½ cups

10. Tightly cover pans.

11. Bake: Conventional oven: 350 °F for 40 minutes
Convection oven: 350 °F for 30 minutes. Critical Control Point: Heat to 135 °F or higher for at least 15 seconds.

12. Remove from oven. Uncover. Allow to set for 15 minutes before serving.

13. Critical Control Point: Hold at 135 °F or higher.

14. Cut each pan 5 x 5 (25 pieces per pan). Serve 1 piece (2" x 3 ¾" square).

Notes

Our Story

At the Ithaca City School District in picturesque Ithaca in upstate New York, their mission is to educate every student to become a life-long learner. The team's chef is a co-owner of a local restaurant which is considered one of the "pioneer" restaurants for preparing and serving healthy, local, plant-based meals.

For its entry in the Recipes for Healthy Kids Competition, the team worked to create Fiesta Mexican Lasagna and conducted numerous taste tests with students. This hearty main dish features golden butternut squash, corn, and peppers roasted until sweet and the natural flavors caramelize together. This deliciously spicy spin on an Italian classic will leave your kids wanting more!

Ithaca City School District

Ithaca, New York

School Team Members

School Nutrition Professional: Denise Agati (Food Service Director)

Chef: Wynnne Stein (Chef, Moosewood Restaurant)

Community Members: Amie Hamlin (Executive Director, New York Coalition for Healthy School Food) and Eric

Smith (Owner, Cayuga Pure Organics)

Students: Alyia C. and Josie W. (Middle School Students)

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

Special tip for preparing dry beans:

SOAKING BEANS

OVERNIGHT METHOD: Add 1 $\frac{3}{4}$ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.

QUICK-SOAK METHOD: Boil 1 $\frac{3}{4}$ qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with recipe.

COOKING BEANS

Once the beans have been soaked, add 1 $\frac{3}{4}$ qt water for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours. Use hot beans immediately.

Critical Control Point: Hold for hot service at 135 °F or higher.

OR

Chill for later use.

Critical Control Point: Cool to 70 °F within 2 hours and to 40 °F or lower within an additional 4 hours.

1 lb dry black beans = about 2 $\frac{1}{2}$ cups dry or 4 $\frac{1}{2}$ cups cooked beans.

One piece provides:

Legume as Meat Alternate: 1 oz equivalent meat alternate, $\frac{3}{8}$ cup red/orange vegetable, $\frac{1}{8}$ cup starchy vegetable, $\frac{1}{4}$ cup other vegetable, and $\frac{3}{4}$ oz equivalent grains.

OR

Legume as Vegetable: $\frac{1}{4}$ cup legume vegetable, $\frac{3}{8}$ cup red/orange vegetable, $\frac{1}{8}$ cup starchy vegetable, $\frac{1}{4}$ cup other vegetable, and $\frac{3}{4}$ oz equivalent grains.

Legume vegetable can be counted as either a meat alternate or as a legume vegetable but not as both simultaneously.

Fiesta Wrap

Rating: ★★★★★

Prep time: 15 minutes

Cook time: 25 minutes

Makes: 6 Wraps

This delicious main dish features a quinoa and black bean filling seasoned with spices, lime juice, and a medley of carrots, red peppers, red onions, and reduced-fat cheddar cheese.

Ingredients

- 1/4 cup** Quinoa, dry
- 2 1/4 cups** Canned low-sodium black beans, drained, rinsed
- 1/4 cup** Fresh red bell pepper, seeded, diced
- 1/4 cup** Fresh red onions, peeled, diced
- 1/2 cup** Fresh carrots, peeled, diced
- 1/4 cup** Reduced-fat white cheddar cheese, shredded (1 oz)
- 1 teaspoon** chili powder
- 1 1/4 teaspoons** ground cumin
- 1 1/4 teaspoons** Fresh lime juice
- 6** Whole-wheat tortillas, 6"
- 1 tablespoon** vegetable oil

Directions

1. Preheat oven to 325 °F.
2. Rinse quinoa in a fine mesh strainer until water runs clear, not cloudy. Combine quinoa and ¾ cup water in a small pot. Cover and bring to a boil. Turn heat down to low and simmer until water is completely absorbed, about 10-15 minutes. When done, quinoa will be soft and a white ring will pop out of the kernel. The white ring will appear only when it is fully cooked. Fluff with a fork and set aside. A rice cooker may be used with the same quantity of quinoa and water.



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	175	
Total Fat	5 g	
Protein	7 g	
Carbohydrates	27 g	
Dietary Fiber	5 g	
Saturated Fat	0.63 g	
Sodium	364 mg	

MyPlate Food Groups

Grains	1 ounce
Protein Foods	1 ounce

3. Place black beans in a large mixing bowl. Lightly mash beans by squeezing them using gloved hands (at least 50 percent of the beans should appear whole). Be careful not to over-mash beans.
4. To make filling, add to the mashed beans the quinoa, red peppers, red onions, carrots, cheese, chili powder, cumin, and lime juice.
5. For each wrap, place ½ cup of filling on the bottom half of tortilla and roll in the form of a burrito. The wrap may also be folded in half like a taco.
6. Brush filled wraps lightly with vegetable oil and place on a baking sheet. Bake for 10 minutes at 325 °F. Wraps will be lightly brown. Serve hot. If desired, serve with fresh diced tomatoes, corn salsa, and/or lettuce.

Notes

Our Story

Charter Oak International Academy, nestled in the midst of the West Hartford, Connecticut School District, is a thriving magnet school with students from 20 countries, speaking 14 languages! For the contest the recipe challenge team included students from three schools involved in the Chefs Move to Schools program or Farm to School pilot program and one of the founders of “Growing Great Schools,” a newly formed parent advocacy group. Their winning creation, Fiesta Wrap, combines spices, whole grains, legumes, and vibrant vegetables to create a taste that is unforgettable. To top it off, kids can crown their wraps with fresh tomatoes, lettuce, and corn salsa.

Charter Oak International Academy

West Hartford, Connecticut

School Team Members

School Nutrition Professional: Sharon Riley (Area Manager, School Nutrition Services)

Chef: Hunter Morton (Executive Chef, Max's Downtown Restaurant)

Community Member: Alicia Brown (Parent)

Students: Cole C., Sasha W., Remie H., Noa B., and

Niranda M.

1 wrap provides:

Legume as Meat Alternate: 1 oz equivalent meat alternate and 1 oz equivalent grains.

OR

Legume as Vegetable: $\frac{1}{4}$ cup legume vegetable and 1 oz equivalent grains.

Legume vegetable can be counted as either a meat alternate or as a legume vegetable but not as both simultaneously.

Recipes for Healthy Kids Cookbook for Homes

Fiesta Wrap

Makes: 50 or 100 Servings

This delicious main dish features a quinoa and black bean filling seasoned with spices, lime juice, and a medley of carrots, red peppers, red onions, and reduced-fat cheddar cheese.

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Quinoa, dry	13 oz	2 cups	1 lb 10 oz	1 qt
Water		1 qt		2 qt
Canned low-sodium black beans, drained, rinsed	6 lb 12 oz	1 gal (1 3/4 No. 10 cans)	13 lb 8 oz	2 gal (3 1/2 No. 10 cans)
OR	OR	OR	OR	OR
*Dry black beans, cooked (See Nottes Section)	6 lb 12 oz	1 gal	13 lb 8 oz	2 gal
*Fresh carrots, shredded	11 oz	2 2/3 cups	1 lb 6 oz	1 qt 1 1/3 cups
Reduced-fat white cheddar cheese, shredded	6 oz	2 cups	12 oz	1 qt
*Fresh red bell peppers, diced	11 oz	2 cups	1 lb 6 oz	1 qt
*Fresh red onions, diced	11 oz	2 cups	1 lb 6 oz	1 qt
Chili powder		2 Tbsp		1/4 cup
Ground cumin		3 Tbsp		1/4 cup 2 Tbsp
Lime juice		3 Tbsp		1/4 cup 2 Tbsp
Salt		2 tsp		1 Tbsp 1 tsp
Whole-wheat tortillas, 6" (0.9 oz each)		50		100
Vegetable oil		1/2 cup		1 cup



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	175.48	
Total Fat	5.07 g	
Protein	6.86 g	
Carbohydrates	26.93 g	
Dietary Fiber	5.16 g	
Saturated Fat	0.63 g	
Sodium	346.18 mg	

Meal Components

Grains	1 ounce
Meat / Meat Alternate	1 ounce

Directions

1. Rinse quinoa in a fine mesh strainer until water runs clear, not cloudy.

2. Combine quinoa and water in a covered stock pot and bring to a boil. Reduce heat to low and simmer until water is completely absorbed, about 10-15 minutes. When done, quinoa will be soft and a white ring will pop out of the kernel. The white ring will only appear when it is fully cooked. Fluff. Set aside.
3. Place half of the black beans in a large bowl and lightly hand mash, using gloved hands. Some beans should remain whole. For 50 servings, mash to yield about 3 qt 1 cup. For 100 servings, mash to yield about 1 gal 2 ½ qt.
4. Filling: 4. Combine quinoa, mashed beans, carrots, cheese, red peppers, onions, chili powder, cumin, lime juice, and salt. Mix thoroughly.
5. Using a No. 8 scoop (½ cup), spread filling on bottom third of tortilla. Roll in the form of a burrito and seal. If preferred, spread filling on half the tortilla and fold in half like a taco.
6. Brush filled wraps lightly with oil and place seam side down on sheet pan (18" x 26" x 1"). For 50 servings, use 2 pans. For 100 servings, use 4 pans.
7. Bake until golden brown: Conventional oven: 325 °F for 15 minutes Convection oven: 300 °F for 10 minutes
Critical Control Point: Heat to 135 °F for at least 15 seconds.
8. Critical Control Point: Hold for hot service at 135 °F or higher
9. If desired, serve with fresh diced tomatoes, corn salsa, lettuce, and/or salsa.
10. Serve 1 wrap.

Notes

Our Story

Charter Oak International Academy, nestled in the midst of the West Hartford, Connecticut School District, is a thriving magnet school with students from 20 countries, speaking 14 languages! For the contest the recipe challenge team included students from three schools involved in the Chefs

Move to Schools program or Farm to School pilot program and one of the founders of “Growing Great Schools,” a newly formed parent advocacy group. Their winning creation, Fiesta Wrap, combines spices, whole grains, legumes, and vibrant vegetables to create a taste that is unforgettable. To top it off, kids can crown their wraps with fresh tomatoes, lettuce, and corn salsa.

Charter Oak International Academy

West Hartford, Connecticut

School Team Members

School Nutrition Professional: Sharon Riley (Area Manager, School Nutrition Services)

Chef: Hunter Morton (Executive Chef, Max’s Downtown Restaurant)

Community Member: Alicia Brown (Parent)

Students: Cole C., Sasha W., Remie H., Noa B., and Niranda M.

1 wrap provides:

Legume as Meat Alternate: 1 oz equivalent meat alternate and 1 oz equivalent grains.

OR

Legume as Vegetable: ¼ cup legume vegetable and 1 oz equivalent grains.

Legume vegetable can be counted as either a meat alternate or as a legume vegetable but not as both simultaneously.

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

Special tip for preparing dry beans:

SOAKING BEANS

OVERNIGHT METHOD: Add 1 ¾ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.

QUICK-SOAK METHOD: Boil 1 ¾ qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with recipe.

COOKING BEANS

Once the beans have been soaked, add 1 ¾ qt water for

every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours. Use hot beans immediately.

Critical Control Point: Hold for hot service at 135 °F or higher.

OR

Chill for later use.

Critical Control Point: Cool to 70 °F within 2 hours and to 40 °F or lower within an additional 4 hours.

1 lb dry black beans = about 2 $\frac{1}{4}$ cups dry or 4 $\frac{1}{2}$ cups cooked beans.

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Fried Rice

Makes: 50 or 100 servings

Ingredients	50 Servings		100 Servings	
	Weight	Measure	Weight	Measure
Vegetable oil		¼ cup		½ cup
*Fresh onions, chopped	8 oz	1 ½ cups	1 lb	2 ½ cups
OR	OR	OR	OR	OR
Dehydrated onions	1 ½ oz	¾ cup	3 oz	1 ½ cups
Frozen whole eggs, thawed	2 lb 13 oz	1 qt 1 ½ cups	5 lb 10 oz	2 qt 2 ½ cups
OR		OR		OR
Fresh large eggs (see Special Tip)		26 each		52 each
*Cooked brown rice	1 lb 13 oz	1 gal 3 ¼ qt	23 lb 10 oz	3 gal 2 ½ qt
Frozen peas	1 lb 2 oz	2 ¾ cups	2 lb 4 oz	1 qt 1 ½ cups
Low-sodium soy sauce		1 ½ cups		2 ½ cups
Frozen diced carrots	1 lb 2 oz	2 ¾ cups 2 Tbsp	2 lb 4 oz	1 qt 1 ¾ cups

Nutrition Information

Meal Components

Vegetables	1/8 cup
Grains	1 ounce
Meat / Meat Alternate	1 ounce

Directions

1. Heat oil. Add onions. Cook for 3-5 minutes.
2. Add eggs. Cook over medium heat, stirring frequently, for 10-15 minutes or until set.
3. For cooked rice, use Cooking Rice recipe (see B-03). Combine rice, peas, soy sauce, and carrots. Pour into medium steamtable pans (12" x 20" x 4"). For 50 servings, use 2 pans. For 100 servings, use 4 pans.
4. Cover.
5. Bake: Convection oven: 325° F for 25 minutes
Conventional oven: 350° F for 35 minutes CCP: Heat to 165° F or higher for at least 15 seconds.

6. CCP: Hold for hot service at 135° F or higher. Portion with 6 oz portioning spoon ($\frac{3}{4}$ cup).

Notes

*See Marketing Guide.

Special Tip:

For 50 servings, use 13 oz (1 qt $\frac{1}{2}$ cup) dried whole eggs and 1 qt $\frac{1}{2}$ cup water in place of eggs.

For 100 servings, use 1 lb 10 oz (2 qt $\frac{1}{2}$ cup) dried whole eggs and 2 qt $\frac{1}{2}$ cup water in place of eggs.

A new nutrient analysis will be coming. Updated July 2014. Restandardization in progress.

Garden Harvest Pizza

Makes: 6 Servings

Ingredients

2 cups Chicken, precooked, diced
1 cup Sweet onion, thinly sliced
2 cups Butternut squash, peeled and seeded, thinly sliced
1 teaspoon fresh rosemary, finely chopped
1 tablespoon olive oil
1 14 inch pre-made whole grain pizza crust
1 tablespoon cornmeal
3 tablespoons parmesan cheese, grated
2 ounces Mozzarella cheese, reduced fat, shredded



Directions

1. Preheat oven to 400°F. Place sliced onions and squash in roasting pan. Sprinkle with rosemary and 1 tablespoon olive oil; toss to coat evenly.
2. Bake in preheated oven for 20 minutes, or until onions are lightly brown and squash is tender; set aside.
3. Sprinkle pizza pan with cornmeal and then place the pre-made pizza crust on the pan. Distribute the squash mixture and chicken over the crust and sprinkle with parmesan and mozzarella cheese.
4. Bake for 10-15 minutes or until the internal temperature is 160°F. The crust should be light brown and the cheese melted.
5. Cut pizza into twelve slices, serve immediately.

Notes

Serving Size: 2 slices

Gingerbread

Makes: 50 or 100 Servings

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Sugar	14 oz	1 $\frac{3}{4}$ cups	1 lb 12 oz	3 $\frac{1}{2}$ cups
Whole wheat/enriched blend flour	2 lb 4 oz	2 qt $\frac{1}{4}$ cup	4 lb 8 oz	1 gal $\frac{1}{2}$ cup
Baking soda		2 Tbsp		$\frac{1}{4}$ cup
Salt		1 $\frac{1}{2}$ tsp		1 Tbsp
Ground cinnamon		1 Tbsp		2 Tbsp
Ground cloves		1 tsp		2 tsp
Ground ginger		1 tsp		2 tsp
Vegetable oil		1 $\frac{3}{4}$ cups		3 $\frac{1}{2}$ cups
Frozen egg whites, thawed	12 oz	1 $\frac{1}{2}$ cups	1 lb 8 oz	3 cups
OR		OR		OR
Fresh large egg whites		10 each		20 each
Water, hot		3 $\frac{3}{4}$ cups		1 qt 3 $\frac{1}{2}$ cups
Molasses (see Special Tip)		3 $\frac{1}{2}$ cups		1 qt 3 cups

Directions

1. Combine sugar, flour, baking soda, salt, cinnamon, cloves, and ginger in mixer bowl. Mix with paddle attachment for 1 minute on low speed.
2. In a separate bowl, mix vegetable oil, egg whites, hot water, and molasses with a wire whip until blended. Slowly add oil mixture to dry ingredients. Mix for 1 minute on low speed until blended.
3. Pour 8 lb 12 oz (approximately 1 gallon) of batter into each sheet pan (18" x 26" x 1") which has been lightly coated with pan release spray and floured. For 50 servings, use 1 pan. For 100 servings, use 2 pans. Bake: Conventional oven: 350° F for 35 minutes. Convection oven 325° F for 25 minutes.

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	NA	
Total Fat	NA	
Protein	NA	
Carbohydrates	NA	
Dietary Fiber	NA	
Saturated Fat	NA	
Sodium	NA	

Meal Components

Grains	1 ounce
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4. Cut each pan 5 x 10 (50 pieces per pan).

Notes

Special Tips:

1. To make pouring easy, place bottles of molasses in hot water for 5 minutes before using.
2. Serve with Whipped Topping (C-19), powdered sugar or Orange Glaze (C-24).
3. Cupcakes can be made for a special occasion. Using a No. 12 scoop (? cup), portion into muffins tins which have been paper lined or lightly coated with pan release spray. Bake in a 375°F conventional oven for 15-20 minutes. One gallon of batter makes approximately 50 cupcakes.

A new nutrient analysis will be coming. Updated July 2014. Restandardization in progress.

Green Beans in Cheese Sauce

Makes: 50 or 100 servings

Ingredients	50 Servings		100 Servings	
	Weight	Measure	Weight	Measure
Instant nonfat dry milk, reconstituted		1 ½ cups		3 cups
Cheese blend of American and skim milk cheeses, shredded	1 lb 9 ½ oz	1 qt 2 ½ cups	3 lb 3 oz	3 qt 1 cup
Trans-fat free margarine	2 oz	¼ cup	4 oz	½ cup
Onion powder		1 tsp		2 tsp
Granulated garlic		1 tsp		2 tsp
Dry mustard		1 tsp		2 tsp
Dried thyme		½ tsp		1 tsp
Ground black or white pepper		1 tsp		2 tsp
Canned cut green beans, drained	4 lb 9 oz	1 gal ¼ cup (1 ¼ No. 10 cans)	9 lb 2 oz	2 gal ½ cups (2 ½ No. 10 cans)

Directions

1. Combine milk, cheese, margarine, onion powder, granulated garlic, dry mustard, thyme, and pepper. Stir over medium heat until cheese is melted and mixture is smooth, approximately 15 minutes.
2. Add green beans and stir gently. Cook over low heat. CCP: Heat to 135° F or higher.
3. Pour approximately 6 lb 8 oz (3 qt 2 cups) into each steamtable pan (12" x 20" x 2 ½") which has been lightly coated with pan release spray. For 50 servings, use 1 pan. For 100 servings, use 2 pans.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	56	
Total Fat	3 g	
Protein	4.38 g	
Carbohydrates	3.41 g	
Dietary Fiber	0.8 g	
Saturated Fat	1.73 g	
Sodium	327 mg	

Meal Components

Vegetables

_ Other 1/4 cup

Meat / Meat Alternate 1/2 ounce

4. CCP: Hold for hot service at 135° F or higher. Portion with No. 16 scoop ($\frac{1}{4}$ cup).

Grilled Rosemary Chicken Chopped Salad

Makes: 6 Servings

This savory salad is a bright and crunchy mix of vegetables (some sourced from local farms thanks to Miami-Dade Public Schools) which are tossed with tender grilled chicken that has been marinated in earthy rosemary. It is colorful and tasty with many different textures; the creaminess of avocado, the snap of carrots, cucumbers, and green beans, and the freshness of flat leaf parsley all combine for a party in your mouth that our students cannot resist!

Ingredients

6 chicken breasts, boneless, skinless
1 **tablespoon** fresh rosemary, finely chopped
1 **tablespoon** parsley
1 **clove** Garlic, Raw, pressed
1/2 **teaspoon** ground black pepper
6 **cups** Romaine lettuce, raw, chopped
1/2 **cup** cucumber, raw, peeled, chopped
1/2 **cup** Carrots, raw, chopped
1/2 **cup** garbanzo beans, canned, drained
1/2 **cup** green beans, raw, chopped
1/2 **cup** fresh avocado, peeled, seeded
1/2 **cup** olives, ripe, canned, drained
1/4 **cup** onions, red, raw, chopped
4 **ounces** salad dressing, light ranch

Directions

1. Preheat oven to 350°F.
2. Chop the grilled chicken breast into 1 inch cubes and toss with the finely chopped rosemary.
3. Bake the rosemary grilled chicken in the oven for 25-30 minutes, until it reaches an internal temperature



of 165°F for 15 seconds.

4. While the chicken is baking, mix all of the chopped and drained vegetables into a large salad bowl.
5. Toss the chicken with the lettuce and chopped vegetables, and lightly dress to serve.

Ground Beef and Macaroni (with Mexican Seasoning)

Makes: 50 or 100 servings

Ingredients	50 Servings		100 Servings	
	Weight	Measure	Weight	Measure
Water		3 gal		6 gal
Salt	2 oz	3 Tbsp	4 oz	1/4 cup 2 Tbsp
Whole grain-rich macaroni	2 lb 10 oz	2 qt 1 1/4 cups	5 lb 4 oz	1 gal 2 1/2 cups
Raw ground beef (no more than 15% fat)	8 lb 8 oz		17 lb	
*Fresh onions, chopped OR Dehydrated onions	14 oz OR 2 1/2 oz	2 1/3 cups OR 1 1/4 cups	1 lb 12 oz OR 5 oz	1 qt 2/3 cup OR 2 1/2 cups
Canned low-sodium tomato paste	1 lb 12 oz	3 cups 2 Tbsp (1/4 No. 10 can)	3 lb 8 oz	1 qt 2 1/4 cups (1/2 No. 10 can)
Canned low-sodium diced tomatoes, with juice	3 lb 3 oz	1 qt 2 1/4 cups (1/2 No. 10 can)	6 lb 6 oz	3 qt 1/2 cup (1 No. 10 can)
Beef stock, non-MSG or water		1 qt 2 cups		3 qt
Ground black or white pepper		1 1/2 tsp		1 Tbsp
Granulated garlic		1 Tbsp		2 Tbsp
Chili powder		2 Tbsp		1/4 cup
Ground cumin		1 Tbsp 1 1/2 tsp		3 Tbsp
Paprika		1 1/2 tsp		1 Tbsp
Onion powder		1 1/2 tsp		1 Tbsp
Reduced fat Cheddar cheese, shredded (optional)	14 oz	3 1/2 cups	1 lb 12 oz	1 qt 3 cups

Nutrition Information

Meal Components

Vegetables

Red & Orange 1/4 cup

Grains 3/4 ounce

Meat / Meat Alternate 2 ounces

Directions

1. Heat water to rolling boil. Add salt.
2. Slowly add macaroni. Stir constantly, until water boils again. Cook for approximately 8 minutes or until tender; stir occasionally. DO NOT OVERCOOK. Drain well. Set aside for step 4.
3. Brown ground beef. Drain. Continue immediately. Add onions and cook for 5 minutes.
4. Add tomato paste, tomatoes, stock or water, pepper, granulated garlic, seasonings, and macaroni. Cook over medium heat, uncovered, until heated through, 5-10 minutes. CCP: Heat to 155° F or higher for at least 15 seconds.
5. Pour into steamtable pans (12" x 20 " x 2 ½"). For 50 servings, use 2 pans. For 100 servings, use 4 pans.
6. Sprinkle 7 oz (1 ¾ cups) of shredded cheese (optional) evenly over each pan.
7. CCP: Hold for hot service at 135° F or higher. Portion with two No. 10 scoops (¾ cup) per serving.

Notes

Comments:

*See Marketing Guide.

†Mexican Seasoning Mix (see G-01A, Sauces, Gravies, and Seasoning Mixes) may be used to replace these ingredients. For 50 servings, use ¼ cup 1 ½ tsp Mexican Seasoning Mix. For 100 servings, use ½ cup 1 Tbsp Mexican Seasoning Mix.

Variation:

A. Ground Beef and Macaroni (With Italian Seasoning)

50 servings: Follow steps 1-3. In step 4, omit seasonings (chili powder, ground cumin, paprika, and onion powder). Use ½ cup 2 Tbsp Italian Seasoning Mix (see G-01, Sauces, Gravies, and Seasoning Mixes) or 3 Tbsp 2 tsp dried basil, 3 Tbsp 2 tsp dried oregano, 2 Tbsp 2 tsp dried marjoram, and 1 ½ tsp dried thyme. Continue with steps 5-7.

100 servings: Follow steps 1-3. In step 4, omit seasonings (chili powder, ground cumin, paprika, and onion powder). Use 1 ¼ cups Italian Seasoning Mix (see G-01, Sauces, Gravies, and Seasoning Mixes) or ¼ cup 3 Tbsp dried basil, ¼ cup 3 Tbsp dried oregano, ¼ cup 1 Tbsp dried marjoram, and 1 Tbsp dried thyme. Continue with steps 5-7.

A new nutrient analysis will be coming. Updated July 2014. Restandardization in progress.

Ground Beef and Spanish Rice

Makes: 50 or 100 servings

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Raw ground beef (no more than 20% fat)	8 lb 8 oz		17 lb	
*Fresh onions, chopped	15 oz	2 1/2 cups	1 lb 14 oz	1 qt 1 cup
OR	OR	OR	OR	OR
Dehydrated onions	2 3/4 oz	1 1/4 cups 2 Tbsp	5 1/2 oz	2 3/4 cups
*Fresh green pepper, chopped	12 oz	2 1/4 cups 2 Tbsp	1 lb 8 oz	1 qt 3/4 cup
Beef stock, non-MSG or water		3 qt 3 cups		1 gal 3 1/2 qt
Canned diced tomatoes, with juice	2 lb 7 oz	1 qt 2/3 cup (1/3 No. 10 can plus 1 cup)	4 lb 13 oz	2 qt 1 1/3 cups (3/4 No. 10 can)
Canned tomato paste	14 oz	1 1/2 cups 1 Tbsp (1/8 No. 10 can)	1 lb 12 oz	3 cups 2 Tbsp (1/4 No. 10 can)
Chili powder		2 Tbsp		1/4 cup
Ground cumin		1 Tbsp 1 1/2 tsp		3 Tbsp
Paprika		1 1/2 tsp		1 Tbsp
Onion powder		1 1/2 tsp		1 Tbsp
Salt		2 tsp		1 Tbsp 1 tsp
Ground black or white pepper		1 tsp		2 tsp
Brown rice, long grain, regular	3 lb 6 oz	2 qt	6 lb 12 oz	1 gal
OR	OR	OR	OR	OR
Brown rice, long grain, parboiled	3 lb 10 oz	2 qt 1 cup	7 lb 4 oz	1 gal 2 cups

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	282	
Total Fat	10.54 g	
Protein	18.57 g	
Carbohydrates	27.05 g	
Dietary Fiber	1.2 g	
Saturated Fat	4.44 g	
Sodium	288 mg	

Meal Components

Vegetables

Red & Orange 1/4 cup

Grains 1 ounce

Meat / Meat Alternate 2 ounces

Directions

1. Brown ground beef. Drain. Continue immediately.
2. Add onions and green peppers. Cook approximately 5 minutes on medium heat.
3. Add beef stock or water, tomatoes, tomato paste, seasonings, salt, and pepper. Bring to boil.
4. Stir in rice. Return to boil. Reduce heat and cover tightly. Cook over low heat for 20-30 minutes or until rice is tender. CCP: Heat to 155° F or higher for at least 15 seconds.
5. Pour 10 lb 9 oz (1 gallon ½ cup) into each steamtable pan (12" x 20" x 2 ½"). For 50 servings, use 2 pans. For 100 servings, use 4 pans.
6. CCP: Hold for hot service at 135° F or higher. Portion with No. 6 scoop (? cup).

Notes

Comments:

*See Marketing Guide.

†Mexican Seasoning Mix (see G-01A, Sauces, Gravies, and Seasoning Mixes) may be used to replace these ingredients. For 50 servings, use ¼ cup 1 ½ tsp Mexican Seasoning Mix. For 100 servings, use ½ cup 1 Tbsp Mexican Seasoning Mix.

A new nutrient analysis will be coming. Updated July 2014. Restandardization in progress.

Ground Beef Stroganoff

Makes: 50 or 100 Servings

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Raw ground beef (no more than 15% fat)	8 lb 8 oz		17 lb	
Enriched all-purpose flour	4 1/2 oz	1 cup 1 Tbsp	9 oz	2 cups 2 Tbsp
*Fresh onions, chopped	1 lb 12 oz	1 qt 3/4 cup	3 lb 8 oz	2 qt 1 1/2 cups
OR Dehydrated onions	OR 5 1/4 oz	OR 2 3/4 cups	OR 10 1/2 oz	OR 1 qt 1 1/2 cups
Granulated garlic		1 1/2 tsp		1 Tbsp
Dried parsley		1/3 cup		2/3 cup
Ground black or white pepper		1 tsp		2 tsp
Salt		2 tsp		1 Tbsp 1 tsp
Instant nonfat dry milk, reconstituted		3 1/3 cups		1 qt 2 2/3 cups
Canned condensed cream of mushroom soup	7 lb 13 oz	2 3/4 cups 2 Tbsp (2 1/2 No. 3 cyl cans)	15 lb 10 oz	1 qt 1 3/4 cups (5 No. 3 cyl cans)

Nutrition Information

Meal Components

Meat / Meat Alternate 2 ounces

Directions

1. Brown ground beef. Drain. Continue immediately.
2. Sprinkle flour over beef and stir.
3. Add onions, granulated garlic, parsley, pepper, and salt. Stir to combine. Cook over low heat for approximately 5 minutes.
4. Add milk and undiluted soup to beef mixture. Stir until well blended. Bring to boil. Reduce heat and cover. Simmer for 40-45 minutes. CCP: Heat to 155° F or higher

for at least 15 seconds.

5. Pour 7 lb 7 oz (about 1 gal 3 cups) into each medium half-steamtable pan (10" x 12" x 4"). For 50 servings, use 2 pans. For 100 servings, use 4 pans.

6. CCP: Hold for hot service at 135° F or higher. Portion with a 6 oz ladle ($\frac{3}{4}$ cup).

7. Serve over cooked rice or noodles.

Hardy Pizza

Makes: 6 Servings

Ingredients

3/4 cup all-purpose flour
1/2 cup whole-wheat flour
1/2 teaspoon granulated sugar
1/4 teaspoon salt
3/4 teaspoon active-dry yeast
2 tablespoons olive oil
1/2 cup warm water (110°F)
1/2 teaspoon garlic, minced
14 1/2 ounces crushed tomato, canned
1/4 cup butternut squash puree
1/2 teaspoon basil, dried
3 ounces turkey pepperoni, quartered
2 cups mozzarella cheese, non-fat



Directions

1. Dough preparation: Place flours, sugar, salt, and yeast in a mixing bowl. Using a dough hook attachment, blend the ingredients for 3 to 5 minutes. Slowly add 1 T olive oil and warm water to the dry ingredients. Mix on high speed for 8 minutes.
2. Cover the dough with a towel and let the dough rise for 1.5 hours, or until has doubled in size. Stretch the dough out to fit into a full sheet pan. Let it rise 15 minutes. Bake at 400°F for about 5 minutes or until dough partially rises. Let it cool slightly before adding sauce.
3. Sauce: Pour oil in sauce pan or stock pot. Saute garlic in 1 T olive oil. Add the crushed tomato, squash, dried basil and Italian seasoning to the sauce. Cover and simmer on low for about 30 minutes.
4. Assemble: Add the sauce and mozzarella cheese to the pizza dough. Top with pepperoni.

5. Bake at 400°F for 15 to 20 minutes or until pizza is bubbly and cheese has melted. Internal temperature of the pizza should reach 165°F for 15 seconds.

Harvest Delight

Rating: ★★☆☆

Prep time: 40 minutes

Cook time: 1 hour, 0 minutes

Makes: 6 Servings

Inspired by autumn vegetables found at farmers markets, Harvest Delight is an irresistible, brilliantly colored roasted vegetable and fruit medley side dish.

Ingredients

1 1/3 cups Fresh green apples, peeled, cored, diced 1/2"
1/3 cup Fresh carrots, peeled, sliced 1/4"
1 cup Fresh sweet potatoes, peeled, cubed 1"
1 cup Fresh butternut squash, peeled, seeded, cubed 1/2"
1/3 cup Fresh red onions, peeled, diced
2 tablespoons extra virgin olive oil
1/4 teaspoon Sea salt
1 teaspoon Fresh thyme, chopped
1 teaspoon Fresh oregano, chopped
1 teaspoon Fresh sage, chopped
1 teaspoon Fresh rosemary, chopped
1 teaspoon Fresh garlic, minced
3/4 tablespoon maple syrup
1 cup Fresh baby spinach, chopped
1/8 cup Dried cranberries, finely chopped

Directions

1. Preheat oven to 425 °F.
2. You may place diced apples in a small bowl of water with a squirt of lemon juice to prevent them from browning. Drain when ready to use.
3. Steam carrots in a steam basket over high heat for 10 minutes or until soft.



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	93	
Total Fat	3 g	
Protein	1 g	
Carbohydrates	16 g	
Dietary Fiber	3 g	
Saturated Fat	0 g	
Sodium	103 mg	

MyPlate Food Groups

Fruits	1/4 cup
Vegetables	1/2 cup

4. Toss potatoes, squash, carrots, and red onions in a large mixing bowl with olive oil and salt.
5. Line a large baking pan with parchment paper and spray with nonstick cooking spray. Spread vegetables evenly on baking pan. Roast vegetables in oven at 425 °F for 25 minutes or until tender and slightly browned. Turn vegetables once midway through roasting.
6. In a large mixing bowl, combine apples, thyme, oregano, sage, rosemary, and garlic.
7. Remove vegetables from oven, lower heat to 400 °F. Add apple mixture to vegetables. Spread evenly. Return to the oven and roast for 15 minutes or until slightly tender.
8. Remove from oven. Drizzle with maple syrup and mix well. Return to oven.
Roast for 8 additional minutes at 400 °F until vegetables are fork-tender.
9. Remove vegetables from the oven and gently toss in spinach. Mix in cranberries. Serve hot.

Notes

Our Story

The recipe challenge team was formed when the students at The Guild expressed an interest in learning how to cook healthier, fresher meals. To meet this need, the Harvest Delight dish was created. It features locally grown ingredients seasoned with fresh aromatic herbs and a subtle taste of maple. It was served to the entire student body who were requested to complete an evaluation form. Over 90 percent of the students who evaluated the recipe rated it “very good” to “excellent.” The team was overjoyed with the recipe’s positive feedback. Who knew that sweet potatoes, butternut squash, carrots, spinach, dried cranberries, and apples could cause so much excitement? Your kids will be happy too when they taste this colorful and delicious blend of vegetables, fruits, and herbs.

The Protestant Guild for Human Services, INC.

Waltham, Massachusetts

School Team Members

School Nutrition Professional: Doreen Mangini, PhD

Chef: Chef Florentine

Community Member: Erin Ridge (Special Education Teacher)

Student: Samantha I.

USDA

Harvest Delight

Makes: 50 or 100 Servings

Inspired by autumn vegetables found at farmers markets, Harvest Delight is an irresistible, brilliantly colored roasted vegetable and fruit medley side dish.

[50 Servings](#)

[100 Servings](#)

Ingredients	Weight	Measure	Weight	Measure
*Fresh carrots, 1/4" slices	3 lb	2 qt 2 cups	6 lb	1 gal 1 qt
*Fresh sweet potatoes, peeled, cubed 1"	3 lb	1 qt 2 cups	6 lb	3 qt
*Fresh butternut squash, peeled, cubed 1/2"	3 lb	1 qt 2 2/3 cups	6 lb	3 qt 1 1/3 cups
*Fresh red onions, diced	1 lb	3 cups 2 Tbsp	2 lb	1 qt 2 1/4 cups
Extra virgin olive oil		2/3 cup		1 1/3 cups
Sea salt		2 tsp		1 Tbsp 1 tsp
*Fresh green apples, peeled, cubed 1/2"	4 lb	3 qt 2 2/3 cups	8 lb	1 gal 3 3/4 qt
Fresh thyme, finely chopped		3 Tbsp		1/4 cup 2 Tbsp
Fresh oregano, finely chopped		3 Tbsp		1/4 cup 2 Tbsp
Fresh sage, finely chopped		3 Tbsp		1/4 cup 2 Tbsp
Fresh rosemary, finely chopped		2 Tbsp		1/4 cup
Minced garlic		2 Tbsp 1 tsp		1/4 cup 2 tsp
Maple syrup		1/4 cup 1 Tbsp		1/2 cup 2 Tbsp
*Fresh spinach, coarsely chopped	11 oz	1 qt 2 cups	1 lb 6 oz	3 qt
Dried cranberries, finely chopped	2 oz	1/3 cup	4 oz	2/3 cup

Directions



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	92.61	
Total Fat	3.14 g	
Protein	1.2 g	
Carbohydrates	16.16 g	
Dietary Fiber	3.13 g	
Saturated Fat	0.43 g	
Sodium	102.64 mg	

Meal Components

Fruits	1/8 cup
Vegetables	
_ Red & Orange	3/8 cup
_ Other	1/8 cup

1. Place carrots in a perforated steam table pan (12" x 20" x 2 ½"). Cover and steam for 10 minutes or until tender.
2. Toss carrots, sweet potatoes, squash, and onions with the oil and salt. Line sheet pan (18" x 26" x 1") with parchment paper and spray with pan release spray. Spread vegetables evenly on sheet pan. For 50 servings, use 4 pans. For 100 servings, use 8 pans Roast uncovered until tender and slightly browned. Turn vegetables midway through cooking: Conventional oven: 425 °F for 25 minutes Convection oven: 425 °F for 18 minutes
3. Combine apples, thyme, oregano, sage, rosemary, and garlic. Note: Place apples in a bowl of water with a squirt of lemon juice to prevent them from browning. Drain when ready to use.
4. Remove vegetables from oven. Lower heat to 400 °F. Add apple mixture. Spread evenly. Roast uncovered until slightly tender: Conventional oven: 400 °F for 15 minutes Convection oven: 400 °F for 10 minutes
5. Remove vegetable/apple mixture from oven. Transfer to a steam table pan (12" x 20" x 2 ½") lightly coated with pan release spray. For 50 servings use 2 pans. For 100 servings, use 4 pans.
6. Drizzle with maple syrup and toss to coat. Roast until tender: Conventional oven: 400 °F for 8 minutes Convection oven: 400 °F for 5 minutes Critical Control Point: Heat to 135 °F or higher for at least 15 seconds.
7. Remove vegetable/apple mixture from oven and gently toss in spinach. Mix in cranberries and serve.
8. Critical Control Point: Hold for hot service at 135 °F or higher
9. Portion with 4 fl oz spoodle or No. 8 scoop (½ cup).

Notes

Our Story

The recipe challenge team was formed when the students at The Guild expressed an interest in learning how to cook healthier, fresher meals. To meet this need, the Harvest

Delight dish was created. It features locally grown ingredients seasoned with fresh aromatic herbs and a subtle taste of maple. It was served to the entire student body who were requested to complete an evaluation form. Over 90 percent of the students who evaluated the recipe rated it “very good” to “excellent.” The team was overjoyed with the recipe’s positive feedback. Who knew that sweet potatoes, butternut squash, carrots, spinach, dried cranberries, and apples could cause so much excitement? Your kids will be happy too when they taste this colorful and delicious blend of vegetables, fruits, and herbs.

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Chef: Chef Florentine

Community Member: Erin Ridge (Special Education Teacher)

Student: Samantha I.

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

Harvest Stew

Rating: ★★★★★

Prep time: 40 minutes

Cook time: 40 minutes

Makes: 6 Servings

This hearty dish is a perfect blend of spinach, sweet potatoes, red potatoes, northern beans, tomatoes, and chicken. To round out the dish, the flavors of carrots, celery, onions, and garlic take this stew to the next level!

Ingredients

3/4 tablespoon vegetable oil
3/4 cup Fresh onions, peeled, diced
1/3 cup Fresh carrots, peeled, diced
1/2 cup Fresh celery, diced
1 tablespoon Enriched all-purpose flour
1/3 teaspoon Low-sodium chicken base
1 1/4 cups water
1/8 teaspoon salt-free seasoning
1/3 teaspoon garlic powder
1 cup Canned low-sodium diced tomatoes
1 cup Fresh sweet potatoes, peeled, cubed 1"
1/2 cup Fresh red potato, unpeeled, cubed 1"
1 cup Cooked diced chicken, 1/2" pieces (3 oz)
2 cups Canned low-sodium great northern beans, drained, rinsed
1/2 cup Fresh baby spinach, chopped

Directions

1. Heat vegetable oil in a large pot over medium heat. Cook onions, carrots, and celery for 5 minutes allowing them to brown slightly.



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	124	
Total Fat	2 g	
Protein	8 g	
Carbohydrates	18 g	
Dietary Fiber	5 g	
Saturated Fat	0.27 g	
Sodium	57 mg	

MyPlate Food Groups

Vegetables	1/2 cup
Protein Foods	1 1/2 ounces

2. Sprinkle flour over the vegetables. Stir well. Add chicken base and water. Stir constantly. Bring to a boil.
3. Reduce heat to medium. Stir in salt-free seasoning and garlic powder. Cook uncovered for 2 minutes. Add tomatoes, sweet potatoes, and red potatoes. Simmer uncovered for 15 minutes or until potatoes are tender. Stir frequently. Add chicken, beans, and spinach. Stir.
4. Continue to simmer uncovered for 10 minutes. Serve hot

Notes

Our Story

When the recipe challenge team came together to work on this project, they had no idea what they had gotten themselves into. Their first task was figuring out how to organize a tasting event because their school had over 750 students. The team then experimented with different ingredients and recipes which led to the development of Harvest Stew. The school is proud that North Carolina sweet potatoes from their Farm to School program were used in this stew.

This flavorful dish was created to satisfy the palate, while being a filling, nutritious meal to fuel the body for the rest of the day. Kids will be ecstatic over the taste of this recipe.

David D. Jones Elementary School

Greensboro, North Carolina

School Team Members

School Nutrition Professional: Pam Cecil

Chef: Matthias Hartmann

Community Members: Jen Schell (Parent) and Amanda Hester (Nutritionist)

Students: Maria S., Bailey P., Nemiah I., Jalen W., and Ayatollah H.

$\frac{3}{4}$ cup provides:

Legume as Meat Alternate: 1 $\frac{1}{2}$ oz equivalent meat/meat alternate, $\frac{1}{4}$ cup red/orange vegetable, and $\frac{1}{8}$ cup additional vegetable.

OR

Legume as Vegetable: $\frac{1}{2}$ oz equivalent meat, $\frac{1}{4}$ cup legume vegetable, $\frac{1}{4}$ cup red/orange vegetable, and $\frac{1}{8}$

cup additional vegetable.

Legume vegetable can be counted as either a meat alternate or as a legume vegetable but not as both simultaneously.

USDA

Harvest Stew

Makes: 50 or 100 Servings

This hearty dish is a perfect blend of spinach, sweet potatoes, red potatoes, northern beans, tomatoes, and chicken. To round out the dish, the flavors of carrots, celery, onions, and garlic take this stew to the next level!

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Vegetable oil		1/4 cup 1 Tbsp		3/4 cup
*Fresh onions, diced	1 lb 4 oz	3 cups	2 lb 8 oz	1 1/2 qt
*Fresh carrots, diced	12 oz	2 cups	1 lb 8 oz	1 qt
*Fresh celery, diced	1 lb 1 oz	3 1/3 cups	2 lb 2 oz	1 qt 2 2/3 cups
Enriched all-purpose flour	3 oz	1/2 cup 1 Tbsp	6 oz	1 cup 2 Tbsp
Water		2 qt 2 cups		1 gal 1 qt
Low-sodium chicken base		1 Tbsp		2 Tbsp
Salt-free seasoning		1 tsp		2 tsp
Garlic powder		1 Tbsp		2 Tbsp
Canned low-sodium diced tomatoes	3 lb 4 oz	1 qt 2 1/2 cups (1/2 No. 10 can)	6 lb 8 oz	3 qt 1 cup (1 No. 10 can)
*Fresh sweet potatoes, peeled, cubed 1"	1 lb 8 oz	1 qt 3 cups	3 lb	3 qt 2 cups
*Fresh red potatoes, unpeeled, cubed 1"	1 lb 8 oz	1 qt	3 lb	2 qt
Frozen, cooked diced chicken, thawed, 1/2" pieces	1 lb 10 oz	1 qt 1 1/3 cups	3 lb 4 oz	2 qt 2 2/3 cups
Canned low-sodium great northern beans, drained, rinsed	7 lb	3 qt 1 1/3 cups (1 3/4 No. 10 cans)	14 lb	1 gal 2 2/3 qt (3 1/2 No. 10 cans)
OR	OR	OR	OR	OR
*Dry great northern beans, cooked (See Notes Section)	7 lb	3 qt 1 1/3 cups	14 lb	1 gal 2 2/3 qt



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	123.71	
Total Fat	2.24 g	
Protein	7.95 g	
Carbohydrates	18.19 g	
Dietary Fiber	5.03 g	
Saturated Fat	0.27 g	
Sodium	57.37 mg	

Meal Components

Vegetables	1/4 cup
Red & Orange	1/8 cup
Meat / Meat Alternate	1 1/2 ounces

Directions

1. Heat oil in a roasting pan/square head pan (20 7/8" x 17 3/8" x 7") on top of stove. Sauté onions, carrots, and celery for 5 minutes until slightly browned.
2. Sprinkle flour over vegetables and mix well. Add water and base. Mix well. Bring to a boil uncovered.
3. Add seasoning and garlic powder. Cook uncovered over medium heat for 2 minutes.
4. Add tomatoes, sweet potatoes, and red potatoes. Simmer uncovered over low heat for 15 minutes or until potatoes are tender.
5. Add chicken, beans, and spinach. Simmer uncovered for an additional 10 minutes. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
6. Critical Control Point: Hold for hot service at 135 °F or higher.
7. Portion with 6 fl oz ladle (¾ cup).

Notes

Our Story

When the recipe challenge team came together to work on this project, they had no idea what they had gotten themselves into. Their first task was figuring out how to organize a tasting event because their school had over 750 students. The team then experimented with different ingredients and recipes which led to the development of Harvest Stew. The school is proud that North Carolina sweet potatoes from their Farm to School program were used in this stew. This flavorful dish was created to satisfy the palate, while being a filling, nutritious meal to fuel the body for the rest of the day. Kids will be ecstatic over the taste of this recipe.

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Greensboro, North Carolina

School Team Members

School Nutrition Professional: Pam Cecil

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Students: Maria S., Bailey P., Nemiah I., Jalen W., and Ayatollah H.

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

Special tip for preparing dry beans:

SOAKING BEANS

OVERNIGHT METHOD: Add 1 $\frac{3}{4}$ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.

QUICK-SOAK METHOD: Boil 1 $\frac{3}{4}$ qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with recipe.

COOKING BEANS

Once the beans have been soaked, add 1 $\frac{3}{4}$ qt water for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours.

Use hot beans immediately.

Critical Control Point: Hold for hot service at 135 °F or higher.

OR

Chill for later use.

Critical Control Point: Cool to 70 °F within 2 hours and to 40 °F or lower within an additional 4 hours.

1 lb dry great northern beans = about 2 $\frac{1}{2}$ cups dry or 6 $\frac{1}{4}$ cups cooked beans.

$\frac{3}{4}$ cup (6 fl oz ladle) provides:

Legume as Meat Alternate: 1 $\frac{1}{2}$ oz equivalent meat/meat alternate, $\frac{1}{8}$ cup red/orange vegetable, and $\frac{1}{4}$ cup additional vegetable.

OR

Legume as Vegetable: 1/2 oz equivalent meat, 1/4 cup legume vegetable, 1/8 cup red/orange vegetable, and 1/4 cup additional vegetable.

Legume vegetable can be counted as either a meat alternate or as a legume vegetable but not as both simultaneously.

Herbed Broccoli and Cauliflower Polonaise

Makes: 50 or 100 Servings

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Trans fat-free margarine	8 oz	1 cup	1 lb	2 cups
Lemon juice		1/4 cup		1/2 cup
*Fresh onions, diced 1/4"	5 oz	3/4 cup 2 Tbsp	10 oz	1 3/4 cups
OR	OR	OR	OR	OR
Dehydrated onions	1 oz	1/2 cup	2 oz	1 cup
Dried basil		1 Tbsp		2 Tbsp
Dried parsley		2 Tbsp		4 Tbsp
Ground black or white pepper		1/2 tsp		1 tsp
Onion salt		2 tsp		1 Tbsp 1 tsp
Grated parmesan cheese	4 oz	1 1/2 cups	8 oz	3 cups
Whole grain dry bread crumbs	10 oz	2 cups	1 lb 4 oz	1 qt
Frozen broccoli spears	6 lb 4 oz		12 lb 8 oz	
Frozen cauliflower	6 lb 4 oz		12 lb 8 oz	

Nutrition Information

Meal Components

Vegetables

_ Dark Green	1/4 cup
_ Other	1/4 cup

Directions

1. Heat margarine in a stock pot until browned.
2. Turn off heat and add lemon juice.
3. Add onions, basil, parsley, pepper, onion salt, Parmesan cheese, and bread crumbs to the margarine. Mix, then set aside.
4. Place broccoli and cauliflower in separate steamtable pans (12" x 20" x 2 1/2"). Steam each pan in low-pressure steamer for 6 minutes or until vegetables are tender. CCP: Heat to 140° F or higher. Drain water from pans.

5. Combine 2 lb 13 oz of cooked broccoli and 2 lb 13 oz of cooked cauliflower in each steamtable pan (12" x 20" x 2 ½") which has been lightly coated with pan release spray. For 50 servings, use 2 pans. For 100 servings, use 4 pans.
6. Sprinkle 2 cups of bread crumb mixture over each pan of vegetables before serving.
7. CCP: Hold for hot service at 135° F or higher. Portion with No. 8 scoop (1/2 cup).

Notes

Comments:

*See Marketing Guide.

Special Tip:

For best results, use perforated pans to steam vegetables.

A new nutrient analysis will be coming. Updated July 2014. Restandardization in progress.

Honey Dressing

Makes: 50 or 100 Servings

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Lowfat plain yogurt	1 lb 12 oz	3 1/2 cups	3 lb 8 oz	1 qt 3 cups
Honey	1 lb	1 1/3 cups	2 lb	2 2/3 cups
Paprika		1 tsp		2 tsp
Orange juice		1/2 cup		1 cup
Prepared yellow mustard	2 oz	1/4 cup	4 oz	1/2 cup

Directions

1. Combine all ingredients in a mixing bowl. Using a paddle attachment, mix for 3-5 minutes on low speed.
2. For best results, chill at least 12 hours prior to serving. Refrigerate until service.

Notes

Special Tip:

This makes a tasty dipping sauce for chicken or fish nuggets.

Updated July 2014

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	40	
Total Fat	0.3 g	
Protein	0.93 g	
Carbohydrates	8.93 g	
Dietary Fiber	0 g	
Saturated Fat	0.16 g	
Sodium	25 mg	

Honey-Lemon Chicken

Makes: 50 or 100 servings

Ingredients	50 Servings		100 Servings	
	Weight	Measure	Weight	Measure
Water		1 qt		2 qt
Honey	1 lb 7 oz	2 cups	2 lb 14 oz	1 qt
Lemon juice		1 cup		2 cups
Salt		1 Tbsp 1 tsp		2 Tbsp 2 tsp
Ground black or white pepper		2 tsp		1 Tbsp 1 tsp
Raw chicken thighs, with bone with skin (approximately 4 oz each)	14 lb 12 oz	50 each	29 lb 8 oz	100 each

Directions

1. Combine water, honey, lemon juice, salt, and pepper in a bowl. Set aside for step 5.
2. Remove skin from thighs. Discard. Place 25 chicken thighs in each steamtable pan (12" x 20" x 2 ½"). For 50 servings, use 2 pans. For 100 servings, use 4 pans.
3. Bake: Conventional oven: 400° F for 20 minutes. Convection oven: 375° F for 20 minutes.
4. Drain fat and discard.
5. Pour 3 ½ cups of honey-lemon mixture over each pan of chicken thighs.
6. Bake until golden brown: Conventional oven: 350° F for 15 minutes. Convection oven: 325° F for 15 minutes. CCP: Heat to 165° F or higher for at least 15 seconds.
7. For glazed appearance, baste after 10 minutes. CCP: Hold for hot service at 135° F or higher.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	124	
Total Fat	6.26 g	
Protein	14.93 g	
Carbohydrates	1.05 g	
Dietary Fiber	0 g	
Saturated Fat	1.74 g	
Sodium	236 mg	

Meal Components

Meat / Meat Alternate 2 ounces

Notes

Special Tips:

- 1) To remove skins easily, use a paper towel to grasp skin.
- 2) A honey-lemon sauce can be made from the baked pan liquids. For each 50 servings, dissolve 1 cup cornstarch in $\frac{1}{2}$ cup cold water. Drain liquid from cooked chicken, remove fat, and strain. Heat 1 qt of honey-lemon sauce until it simmers, 180° F. Add cornstarch-water mixture and simmer until thickened. Pour over chicken before serving. This can be used as a sauce for vegetables or rice.
- 3) The unbaked honey-lemon sauce may also be used as a marinade. Pour the sauce over the chicken thighs and refrigerate overnight before baking.

Hummus

Makes: 50 or 100 servings

Ingredients	50 Servings		100 Servings	
	Weight	Measure	Weight	Measure
Canned garbanzo beans or chickpeas, drained	8 lb 8 oz	5 qt 1 cup (2 No. 10 cans)	17 lb	2 gal 2 1/2 qt (4 No. 10 cans)
Frozen lemon juice concentrate, reconstituted		3 1/4 cups		1 qt 2 1/2 cups
Peanut butter OR Tahini OR Sunflower seed butter	1 1/2 lb OR 1 1/2 lb OR 1 1/2 lb	2 1/2 cups OR 2 1/2 cups OR 2 1/2 cups	3 lb OR 3 lb OR 3 lb	1 qt 1 cup OR 1 qt 1 cup OR 1 qt 1 cup
*Garlic cloves, peeled	5 oz	1 cup 1 Tbsp	10 oz	2 cups 2 Tbsp
Water		3 1/4 cup		1 qt 2 1/2 cups
Ground black or white pepper		1 Tbsp		2 Tbsp

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	182	
Total Fat	7.9 g	
Protein	7.49 g	
Carbohydrates	22.37 g	
Dietary Fiber	4.4 g	
Saturated Fat	1.44 g	
Sodium	301 mg	

Meal Components

Meat / Meat Alternate 2 ounces

Directions

1. Combine all ingredients in a food processor and puree to a smooth consistency.
2. Spread 5 lb ½ oz (approximately 3 qt 1 cup) into each shallow pan (12" x 20" x 2 ½") to a product depth of 2" or less. For 50 servings, use 2 pans. For 100 servings, use 4 pans.
3. CCP: Chill to 41° F or lower within 4 hours. Cover. Refrigerate until service.
4. Portion with No. 8 scoop (½ cup).

Notes

Comments:

*See Marketing Guide.

Special Tip:

Serve with pita bread; warning for service - contains peanut butter.

Italian Bread

Makes: 50 or 100 servings

Ingredients	50 Servings		100 Servings	
	Weight	Measure	Weight	Measure
Active dry yeast (see Special Tip)		2 Tbsp 2 tsp		? cup
Water, warm (110° F)		1 cup		2 cups
Whole wheat/enriched blend flour	3 lb 12 oz	3 qt 2 cups	7 lb 8 oz	1 gal 3 qt
Instant nonfat dry milk	3 oz	1 ¼ cups	6 oz	2 ½ cups
Sugar		¼ cup	3 ½ oz	½ cup
Salt		1 Tbsp		2 Tbsp
Water (70-75° F)		3 cups		1 qt 2 cups
Trans fat-free shortening		¼ cup	3 ¼ oz	½ cup
Cornmeal		2 Tbsp		¼ cup

Nutrition Information

Meal Components

Grains	2 ounces
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Directions

1. For best results, have all ingredients and utensils at room temperature.
2. Dissolve dry yeast in warm water. Let stand for 4-5 minutes.
3. Place flour, dry milk, sugar, and salt in mixer bowl. Blend with dough hook for approximately 2 minutes on low speed.
4. Add water and mix for 1 minute on low speed.
5. Add dissolved yeast and mix for 2 minutes on low speed.
6. Add shortening and mix for 2 minutes on low speed.
7. Knead dough for 8 minutes on medium speed or until dough is smooth and elastic.
8. Place dough in warm area (about 90° F) for 45-60 minutes

9. Punch down dough to remove air bubbles and let rest 15 minutes.
10. Divide dough into pieces, 3 lb 6 oz each. For 50 servings, divide into 2 pieces. For 100 servings, divide into 4 pieces. Shape each piece into a smooth roll 24" long.
11. Place lengthwise on sheet pans (18" x 26" x 1") which have been lightly coated with pan release spray and sprinkled with cornmeal, approximately 2 Tbsp per sheet pan. For 50 servings, use 1 pan. For 100 servings, use 2 pans.
12. Place sheet pans in a warm area (about 90° F) until double in size, 30-50 minutes.
13. Brush top of each loaf with water. Using scissors or a very sharp knife, cut 5 or 6 diagonal slits ¼" deep on top of each loaf.
14. Bake until browned: Conventional oven: 400° F for 25 minutes Convection oven: 350° F for 20 minutes.
15. Cool. Cut each loaf into 25 slices, ½" thick.

Notes

Special Tip:

To use high-activity (instant) yeast, follow directions below or manufacturer's instructions.

For 50 servings, omit step 1. In step 2, add 2 Tbsp high-activity (instant) yeast. In step 3, add 1 qt water (110° F). Omit step 4. Continue with step 5. In step 6, knead for 10 minutes. Continue with steps 7-14. For 100 servings, omit step 1. In step 2, add ¼ cup high-activity (instant) yeast. In step 3, add 2 qt water (110° F). Omit step 4. Continue with step 5. In step 6, knead for 10 minutes. Continue with steps 7-14.

A new nutrient analysis will be coming.

Updated July 2014. Restandardization in progress.

Italian Dressing

Makes: 1 or 1 servings

1 Servings		1 Servings	
Ingredients	Weight	Measure	Weight
Vegetable oil		3 cups	3 qt
Frozen lemon juice concentrate, reconstituted		½ cup	2 cups
White vinegar		½ cup	2 cups
Sugar		1 Tbsp	¼ cup
Salt		1 ½ tsp	2 Tbsp
Granulated garlic		¾ tsp	1 Tbsp
Dehydrated onions		¼ cup	1 cup
Dried basil		1 tsp	1 Tbsp 1 tsp
Dried oregano		1 tsp	1 Tbsp 1 tsp
Dried marjoram		¾ tsp	1 Tbsp
Dried thyme		¼ tsp	1 tsp

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	186	
Total Fat	20.46 g	
Protein	0.1 g	
Carbohydrates	1.47 g	
Dietary Fiber	0.1 g	
Saturated Fat	2.85 g	
Sodium	327 mg	

Directions

1. Combine all ingredients in mixer bowl.
2. Blend for 3 minutes at medium speed.
3. Cover. Refrigerate until service. For best results, refrigerate over night to develop flavor.
4. Stir or shake well before serving.

Notes

†Italian Seasoning Mix (see G-01, Sauces, Gravies, and Seasoning Mixes) may be used to replace these ingredients. For 1 qt, use 1 Tbsp Italian Seasoning Mix. For 1 gal, use ¼ cup Italian Seasoning Mix.

Updated July 2014

Italian Seasoning Mix

Makes: 1 Quart or 1 Gallon

1 Quart

1 Gallon

Ingredients	Weight	Measure	Weight	Measure
Dried basil		1 1/4 cups 2 Tbsp	8 1/2 oz	1 qt 1 1/2 cups
Dried oregano		1 1/4 cups 2 Tbsp	8 oz	1 qt 1 1/2 cups
Dried marjoram		1 cup	4 oz	1 qt
Dried thyme		1/4 cup		1 cup

Directions

1. Combine all ingredients.
2. Store in airtight container. Before using, stir or shake all ingredients well. (Ingredients may settle during storage.)

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	14	
Total Fat	0.37 g	
Protein	0.63 g	
Carbohydrates	3.21 g	
Dietary Fiber	2.1 g	
Saturated Fat	0.07 g	
Sodium	1 mg	

Lasagna with Ground Beef

Makes: 50 or 100 servings

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Raw ground beef (no more than 20% fat)	3 lb 4 oz		6 lb 8 oz	
*Fresh onions, chopped	3 lb	2 qt	6 lb	1 gal
OR	OR	OR	OR	OR
Dehydrated onions	9 oz	1 qt 1/2 cup	1 lb 2 oz	2 qt 1 cup
Granulated garlic		2 Tbsp		1/4 cup
Ground black or white pepper		1 tsp		2 tsp
Dried parsley		1/4 cup		1/2 cup
Canned diced tomatoes, w/ juice	4 lb 4 oz	2 qt 1/4 cup (2/3 No. 10 can)	8 lb 8 oz	1 gal 1/2 cup (1 1/3 No. 10 cans)
Canned tomato paste	1 lb 12 oz	3 cups 2 Tbsp (1/4 No. 10 can)	3 lb 8 oz	1 gal 1/2 cup (1 1/2 No. 10 cans)
Water		3 qt		1 gal 2 qt
Dried basil		3 Tbsp		1/4 cup 2 Tbsp
Dried oregano		3 Tbsp		1/4 cup 2 Tbsp
Dried marjoram		1 Tbsp		2 Tbsp
Dried thyme		1 tsp		2 tsp
Enriched lasagna noodles, uncooked (at least 0.78 oz each)	2 lb 12 oz	56 each	5 lb 8 oz	112 each
Cheese blend of American and skim milk cheeses, shredded	1 lb 9 oz	1 qt 2 1/4 cups	3 lb 2 oz	3 qt 1/2 cup
Lite mozzarella cheese, shredded	2 lb 6 oz	2 qt 1 1/2 cups	4 lb 12 oz	1 gal 3 cups

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	269	
Total Fat	8.7 g	
Protein	19.88 g	
Carbohydrates	28.35 g	
Dietary Fiber	2.3 g	
Saturated Fat	4.69 g	
Sodium	406 mg	

Meal Components

Vegetables	3/8 cup
Grains	3/4 ounce
Meat / Meat Alternate	2 ounces

Directions

1. Brown ground beef. Drain. Continue immediately. Add onions and granulated garlic. Cook for 5 minutes.
2. Add pepper, parsley, canned tomatoes, tomato paste, water, and seasonings. Heat to boiling, uncovered. Remove from heat.
3. Assemble ingredients as follows: In steamtable pans (12" x 20" x 2 ½") which have been lightly coated with pan release spray. For 50 servings, use 2 pans. For 100 servings, use 4 pans. or each pan 1st layer-1 qt ½ cup sauce 2nd layer-14 uncooked noodles lengthwise 3rd layer-1 qt ½ cup sauce 4th layer-6 ¼ oz (1 ½ cups 1 Tbsp) process American cheese and 9 ½ oz (2 ¼ cups 2 Tbsp) mozzarella cheese
4. 5th layer-14 uncooked noodles crosswise 6th layer-1 qt ¾ cup sauce 7th layer-6 ¼ oz (1 ½ cups 1 Tbsp) process American cheese and 9 ½ oz (2 ¼ cups 2 Tbsp) mozzarella cheese.
5. Tightly cover pans.
6. Bake: Conventional oven: 350° F for 1 ¼ -1 ½ hours
Convection oven: 325° F for 45 minutes CCP: Heat to 165° F or higher for at least 15 seconds.
7. Remove pans from oven. Uncover. Let stand for 15 minutes before serving.
8. CCP: Hold for hot service at 135° F or higher. Cut each pan 5 x 5 (25 pieces per pan).

Notes

Comments:

*See Marketing Guide.

†Italian Seasoning Mix (see G-01, Sauces, Gravies, and Seasoning Mixes) may be used to replace these ingredients. For 50 servings, use ¼ cup 3 Tbsp 1 tsp Italian Seasoning Mix. For 100 servings, use ¾ cup 2 Tbsp 2 tsp Italian Seasoning Mix.

Lasagna with Ground Pork and Ground Beef

Makes: 50 or 100 Servings

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Raw ground beef (no more than 20% fat)	2 lb 2 oz		4 lb 4 oz	
Raw ground pork (no more than 20% fat)	1 lb 2 oz		2 lb 4 oz	
*Fresh onions, chopped	3 lb	2 qt	6 lb	1 gal
OR	OR	OR	OR	OR
Dehydrated onions	9 oz	1 qt 2/3 cup	1 lb 2 oz	2 qt 1 1/4 cups
Granulated garlic		2 Tbsp		1/4 cup
Ground black or white pepper		1 tsp		2 tsp
Dried parsley		1/4 cup		1/2 cup
Canned diced tomatoes, with juice	4 lb 4 oz	2 qt 1/4 cup (2/3 No. 10 can)	8 lb 8 oz	1 gal 1/2 cup (1 1/3 No. 10 cans)
Canned tomato paste	1 lb 12 oz	3 cups 2 Tbsp (1/4 No. 10 can)	3 lb 8 oz	1 qt 2 1/4 cups (1/2 No. 10 can)
Water		3 qt		1 gal 2 qt
Dried basil		3 Tbsp		1/4 cup 2 Tbsp
Dried oregano		3 Tbsp		1/4 cup 2 Tbsp
Dried marjoram		1 Tbsp		2 Tbsp
Dried thyme		1 tsp		2 tsp
Enriched lasagna noodles, uncooked (at least 0.78 oz each)	2 lb 12 oz	56 each	5 lb 8 oz	112 each
Cheese blend of American and skim milk cheeses, shredded	1 lb 9 oz	1 qt 2/14 cups	3 lb 2 oz	3 qt 1/2 cup
Lite mozzarella cheese,				

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	269	
Total Fat	8.76 g	
Protein	19.63 g	
Carbohydrates	28.35 g	
Dietary Fiber	2.3 g	
Saturated Fat	4.55 g	
Sodium	405 mg	

Meal Components

Vegetables	3/8 cup
Grains	3/4 ounce
Meat / Meat Alternate	2 ounces

Directions

1. Brown ground beef and ground pork. Drain. Continue immediately. Add onions and granulated garlic. Cook for 5 minutes.
2. Add pepper, parsley, canned tomatoes, tomato paste, water, and seasonings. Heat to boiling, uncovered. Remove from heat.
3. Assemble ingredients as follows: In steamtable pans (12" x 20" x 2 ½") which have been lightly coated with pan release spray. For 50 servings, use 2 pans. For 100 servings, use 4 pans. For each pan 1st layer-1 qt ½ cup sauce 2nd layer-14 uncooked noodles lengthwise 3rd layer-1 qt ½ cup sauce 4th layer-6 ¼ oz (1 ½ cups 1 Tbsp) process American cheese and 9 ½ oz (2 ¼ cups 2 Tbsp) mozzarella cheese 5th layer-14 uncooked noodles crosswise 6th layer-1 qt ¾ cup sauce
4. 7th layer-6 ¼ oz (1 ½ cups 1 Tbsp) process American cheese and 9 ½ oz 2 ¼ cups 2 Tbsp) mozzarella cheese
5. Tightly cover pans.
6. Bake: Conventional oven: 350° F for 1 ¼ -1 ½ hours
Convection oven: 325° F for 45 minutes CCP: Heat to 165° F or higher for at least 15 seconds.
7. Remove pans from oven. Uncover. Let stand for 15 minutes before serving.
8. CCP: Hold for hot service at 135° F or higher. Cut each pan 5 x 5 (25 pieces per pan)

Notes

Comments:

*See Marketing Guide.

†Italian Seasoning Mix (see G-01, Sauces, Gravies, and Seasoning Mixes) may be used to replace these ingredients. For 50 servings, use $\frac{1}{4}$ cup 3 Tbsp 1 tsp Italian Seasoning Mix. For 100 servings, use $\frac{3}{4}$ cup 2 Tbsp 2 tsp Italian Seasoning Mix.

Lentils of the Southwest

Makes: 6 Servings

Flavored with ground red chili, cumin, garlic, and a touch of tomatoes, these lentils have a “salsa flavor” that kids are sure to love.

Ingredients

- 1/2 cup** Lentils, green or brown, dry
- 1 teaspoon** extra virgin olive oil
- 2 tablespoons** Fresh onions, peeled, diced
- 1 teaspoon** Fresh garlic, minced
- 1 teaspoon** ground cumin
- 1 teaspoon** Ground red chili pepper
- 1/2 teaspoon** chili powder
- 1/2 cup** Canned low-sodium diced tomatoes
- 1/2 teaspoon** salt
- 2 tablespoons** Fresh cilantro, chopped

Directions

1. In a small pot, combine the lentils and 1 ¼ cups water. Bring to a boil over high heat. Reduce the heat to low and cook uncovered until tender, about 30 minutes.
2. Heat olive oil in a medium skillet. Add onions and garlic. Cook for 3-5 minutes or until tender. Stir in cumin, red chili pepper, and chili powder. Reduce heat to low and cook for 2 minutes.
3. Add onion/garlic mixture to cooked lentils. Add ¼ cup plus 2 tablespoons water. Stir in tomatoes and salt. Bring to a boil over high heat. Reduce heat to low and simmer, uncovered, for 20 minutes.
4. Just before serving stir in cilantro. Serve hot.

Notes

Our Story

With the support of Cooking with Kids, a nonprofit organization in Santa Fe that provides hands-on nutrition



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	69	
Total Fat	0.92 g	
Protein	5 g	
Carbohydrates	11 g	
Dietary Fiber	4 g	
Saturated Fat	0.11 g	
Sodium	142 mg	

MyPlate Food Groups

Vegetables	1/4 cup
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education each year to elementary school students in public schools, the Sweeney Elementary School recipe challenge team came together to create this delicious dish.

Lentils have so much potential for meals. Packed with protein, vitamins, and fiber, they are easy to cook and have great versatility. Lentils of the Southwest can be served as a side dish to make the perfect New Mexican lunch. When accompanied by brown rice, this lentil recipe becomes a tasty main dish. The team is very happy that their recipe was chosen as a winner to be represented in the cookbook.

Sweeney Elementary School

Santa Fe, New Mexico

School Team Members

School Nutrition Professional: Judi Jacquez (Director, Student Nutrition Services)

Chef: Rocky Durham

Community Members: Jane Stacey (Program Director, Cooking with Kids) and Anna Farrier (Community Liaison, Cooking with Kids)

Students: Melanie S., Jailey B., Marisol B., Diana O., and Nicole A.

1 cup provides:

Legume as Meat Alternate: 1 oz equivalent meat alternate.

OR

Legume as Vegetable: ¼ cup legume vegetable.

Legume vegetable can be counted as either a meat alternate or as a legume vegetable but not as both simultaneously.

Recipes for Healthy Kids Cookbook for Homes

Lentils of the Southwest

Makes: 50 or 100 Servings

Flavored with ground red chili, cumin, garlic, and a touch of tomatoes, these lentils have a “salsa flavor” that kids are sure to love.

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
*Lentils, brown or green, dry	1 lb 14 oz	1 qt 1/2 cup	3 lb 12 oz	2 qt 1 cup
Water		2 qt 1/2 cup		1 gal 1 cup
*Fresh onions, diced	8 oz	1 3/4 cups	1 lb	3 1/2 cups
Fresh garlic, minced		2 Tbsp		1/4 cup
Extra virgin olive oil		2 Tbsp		1/4 cup
Ground cumin		2 Tbsp 2tsp		1/3 cup
Ground red chili pepper		2 Tbsp		1/4 cup
Chili powder		1 Tbsp		2 Tbsp
Canned low-sodium diced tomatoes	1 lb 8 oz	3 cups (1/4 No. 10 can)	3 lb	1 qt 2 cups (1/2 No. 10 can)
OR	OR	OR	OR	OR
*Fresh tomatoes, diced	1 lb 8 oz	3 cups	3 lb	1 qt 2 cups
Salt		1 Tbsp		2 Tbsp
Fresh cilantro, finely chopped	2 oz	3 cups	4 oz	1 qt 2 cups

Directions

1. Rinse lentils and sort out any unwanted materials. Drain well.
2. Combine lentils and water in a stock pot. Bring to a boil. Reduce heat and simmer, uncovered, until lentils are tender, about 30-40 minutes.
3. Sauté onions and garlic in oil for 5 minutes or until tender. Stir in cumin, red chili pepper, and chili powder. Cook for 2-3 minutes over low heat.
4. Combine onions and garlic with cooked lentils. Add



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	68.66	
Total Fat	0.92 g	
Protein	4.56 g	
Carbohydrates	10.96 g	
Dietary Fiber	4.16 g	
Saturated Fat	0.11 g	
Sodium	141.83 mg	

Meal Components

Meat / Meat Alternate 1 ounce

water. For 50 servings, add 3 cups water. For 100 servings, add 1 qt 2 cups water.

5. Stir in tomatoes and salt. Bring to a boil. Reduce heat and simmer uncovered for 20 minutes. Critical Control Point: Heat to 135 °F or higher for at least 15 seconds.

6. Stir in cilantro before serving.

7. Critical Control Point: Hold for hot service at 135 °F or higher.

8. Portion with 2 fl oz ladle (¼ cup).

Notes

Our Story

With the support of Cooking with Kids, a nonprofit organization in Santa Fe that provides hands-on nutrition education each year to elementary school students in public schools, the Sweeney Elementary School recipe challenge team came together to create this delicious dish.

Lentils have so much potential for meals. Packed with protein, vitamins, and fiber, they are easy to cook and have great versatility. Lentils of the Southwest can be served as a side dish to make the perfect New Mexican lunch. When accompanied by brown rice, this lentil recipe becomes a tasty main dish. The team is very happy that their recipe was chosen as a winner to be represented in the cookbook.

Sweeney Elementary School

Santa Fe, New Mexico

School Team Members

School Nutrition Professional: Judi Jacquez

(Director, Student Nutrition Services)

Chef: Rocky Durham

Community Members: Jane Stacey (Program

Director, Cooking with Kids) and Anna Farrier

(Community Liaison, Cooking with Kids)

Students: Melanie S., Jailey B., Marisol B., Diana O., and Nicole A.

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

¼ cup (2 fl oz ladle) provides:

Legume as meat alternate: 1 oz equivalent meat alternate.

OR

Legume as vegetable: ¼ cup legume vegetable.

Legume vegetable can be counted as either a meat alternate or as a legume vegetable but not both simultaneously.

Local Harvest Bake

Makes: 50 or 100 servings

50 Servings			100 Servings	
Ingredients	Weight	Measure	Weight	Measure
Butternut Squash, cubed	4.6 lbs			
Beets, fresh, cubed	4.25 lbs			
Sweet potatoes, fresh, cubed	3.75 lbs			
Extra virgin olive oil		2/3 cup		
Sea salt		2 tsp		
Garlic, fresh, minced		2 tbsp 1 tsp		

Directions

1. Test: Toss all ingredients together.
2. Test: Transfer to a steam table pan. For 50 servings, use 2 pans

Notes

Keep noodles and sauce separate (TEST)

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	92.01	
Total Fat	3.11 g	
Protein	1.57 g	
Carbohydrates	15.53 g	
Dietary Fiber	NA	
Saturated Fat	NA	
Sodium	143.25 mg	

Meal Components

Vegetables		
	Red & Orange	5/8 cup

Mac and Cheese

Makes: 6 Servings

Ingredients

12 ounces Whole grain macaroni
12 ounces low-fat milk
4 ounces cream cheese
1 small head Cauliflower heads (untrimmed)
3 ounces Heavy cream
4 ounces cheddar cheese
2 1/4 ounces Parmesan cheese
1/2 tablespoon dry mustard
a pinch of Nutmeg
1 1/2 pounds carrots
1 1/2 ounces vegetable oil
2 tablespoons honey
1 head of Broccoli

Directions

1. To make the pasta: Boil 3 quarts of water and add 1 teaspoon of salt. Cook pasta for 5 minutes or al dente, stirring occasionally. Drain well & rinse.
2. To make cauliflower puree: Trim florets. Bring water to boil, add cauliflower, cover, and cook for 8-10 minutes or until tender. Do not drain. Puree until smooth.
3. To make cheese sauce & cauliflower puree: In large stock pot on low heat, add milk, cream cheese, and heavy cream; stir until smooth. Add cheddar, parmesan cheese, nutmeg, and dry mustard. Fold in cauliflower puree. Whisk until smooth and add salt and pepper to taste.
4. To make roasted carrots: Peel and trim carrots and cut into 2-inch pieces. Mix honey into oil. Toss carrots in oil mix; add salt and pepper (1/2 tsp salt, pinch of pepper). Roast in 300° oven for 40 - 50



minutes on a sheet pan.

5. To make broccoli: Trim broccoli and bring water to a boil. Add broccoli, cover, cook for 8 - 10 minutes, and drain.
6. Mix pasta, warm cheese sauce, carrots and broccoli - and serve.

Macaroni Salad

Makes: 50 or 100 servings

Ingredients	50 Servings		100 Servings	
	Weight	Measure	Weight	Measure
Water		3 gal		6 gal
Salt		2 Tbsp 2 tsp	3 1/2 oz	1/3 cup
Enriched elbow macaroni	2 lb 10 oz	2 qt 1 1/4 cups	5 lb 4 oz	1 gal 2 1/2 cups
Reduced calorie salad dressing	1 lb 8 oz	3 cups	3 lb	1 qt 2 cups
OR	OR	OR	OR	OR
Lowfat mayonnaise	1 lb 8 oz	3 cups	3 lb	1 qt 2 cups
*Fresh carrots, chilled, shredded	8 oz	3/4 cup 2 Tbsp	1 lb	1 3/4 cups
*Fresh celery, chilled, chopped	8 oz	2 cups	1 lb	1 qt
*Fresh onions, chopped	4 oz	2/3 cup	8 oz	1 1/3 cups
Sweet pickle relish, chilled, undrained	4 oz	1/2 cup	8 oz	1 cup
Ground black or white pepper		1 tsp		2 tsp
Dry mustard		1 Tbsp		2 Tbsp
Salt		1 tsp		2 tsp
Paprika		1 1/2 tsp		1 Tbsp

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	144	
Total Fat	3.1 g	
Protein	3.67 g	
Carbohydrates	25.03 g	
Dietary Fiber	1.7 g	
Saturated Fat	0.49 g	
Sodium	262 mg	

Meal Components

Grains	3/4 ounce
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Directions

1. Heat water to rolling boil. Add salt.
2. Slowly add macaroni. Stir constantly, until water boils again. Cook for 10-12 minutes or until tender; stir occasionally. **DO NOT OVERCOOK.** Drain well. Rinse under cold water.
3. Add salad dressing or mayonnaise. Mix
4. Add carrots, celery, onions, pickle relish, pepper, dry

mustard, and salt. Toss lightly. Spread 3 lb 13 ½ oz (approximately 3 qt ½ cup) into each shallow pan (12" x 20" x 2 ½") to a product depth of 2" or less. For 50 servings, use 2 pans. For 100 servings, use 4 pans.

5. Garnish with paprika

6. CCP: Cool to 41° F or lower within 4 hours. Cover. Refrigerate until service.

7. Portion with No. 8 scoop (½ cup).

Notes

Comments:

*See Marketing Guide.

Variation:

A. Macaroni and Ham Salad

50 servings: Follow steps 1-3. In step 4, use 3 lb 14 oz diced cooked ham (water added). Continue with steps 5-7.

100 servings: Follow steps 1-3. In step 4, use 7 lb 12 oz diced cooked ham. Continue with steps 5-7.

1/2 cup (No. 8 scoop) provides 3/4 oz equivalent grains

A new nutrient analysis will be coming.

Edited April 2014. Restandardization in Progress.

Marinated Black Bean Salad

Makes: 50 or 100 servings

Ingredients	50 Servings		100 Servings	
	Weight	Measure	Weight	Measure
Canned low-sodium black beans, drained	5 lb	2 qt 1 cup (1 1/3 No. 10 cans)	10 lb	1 gal 2 cups (2 2/3 No. 10 cans)
Frozen whole-kernel corn, thawed OR Canned corn, whole kernel liquid packed, drained	3 lb 8 oz OR 4 lb 2 oz	1 qt 1 2/3 cups OR 1 qt 7 7/8 cups (1 No. 10 can)	7 lb OR 8 lb 4 oz	2 qt 3 1/3 cups OR 2 qt 3 3/4 cups (2 No. 10 cans)
*Fresh green peppers, minced	12 oz	2 1/4 cups 2 Tbsp	1 lb 8 oz	1 qt 3/4 cup
*Fresh red peppers, minced	12 oz	3 cups	1 lb 8 oz	1 qt 2 cups
*Fresh onions, minced	4 oz	2/3 cup	8 oz	1 1/3 cups
Lemon juice		1/2 cup		1 cup
Dried parsley		2 Tbsp		1/4 cup
Ground cumin		1 Tbsp		2 Tbsp
Granulated garlic		2 tsp		1 Tbsp 1 tsp
Canned low-sodium salsa	1 lb 12 oz	3 1/4 cup 2 Tbsp	3 lb 8 oz	1 qt 2 3/4 cups
Vegetable oil		1/4 cup		1/2 cup
Reduced fat Monterey Jack cheese, shredded (optional)	1 lb	2 cups	2 lb	1 qt

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	157	
Total Fat	1.64 g	
Protein	5.07 g	
Carbohydrates	16.73 g	
Dietary Fiber	3.5 g	
Saturated Fat	0.26 g	
Sodium	246 mg	

Meal Components

Vegetables	1/4 cup
_ Starchy	1/8 cup
Meat / Meat Alternate	1/2 ounce

Directions

1. Combine black beans, corn, green peppers, red peppers, and onions in a large bowl.

2. For dressing, combine the lemon juice, parsley, cumin, granulated garlic, salsa, and oil.
3. Pour dressing over salad and toss lightly to combine. Spread 5 lb 15 oz (approximately 3 qt ½ cup) into each shallow pan (12" x 20" x 2 ½") to a product depth of 2" or less. For 50 servings, use 2 pans. For 100 servings, use 4 pans.
4. Refrigerate until service.
5. Portion with No. 8 scoop (½ cup)
6. Sprinkle Monterey Jack cheese (optional) on top before serving.

Notes

Comments:

*See Marketing Guide.

Special Tips:

- 1) This salad is a colorful accompaniment for Tacos (D-13).
- 2) Black beans can be rinsed to brighten their color.

Legume as Vegetable: 1/8 cup legume vegetable, 1/8 cup starchy vegetable, and 1/4 cup additional vegetable.

A new nutrient analysis will be coming. Updated July 2014. Restandardization in progress.

Master Mix

Makes: 50 or 100 servings

Ingredients	50 Servings		100 Servings	
	Weight	Measure	Weight	Measure
Whole wheat/enriched blend flour	5 lb 4 oz	1 gal 3 1/4 cups	10 lb 8 oz	2 gal 1 5/8 qt
baking powder	4 3/4 oz	2/3 cup	9 1/2 oz	1 1/3 cup
Salt		2 Tbsp	2 5/8 oz	1/4 cup
Cream of tartar		1 Tbsp 1 1/2 tsp		3 Tbsp
Instant nonfat dry milk	6 oz	2 1/2 cups	12 oz	1 qt 1 cup
Trans fat-free shortening	1 lb 5 oz	3 cups 2 Tbsp	2 lb 10 oz	1 qt 2 1/4 cups

Nutrition Information

Meal Components

Grains	2 3/4 ounces
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Directions

1. Place flour, baking powder, salt, cream of tartar, and dry milk in a mixing bowl. Mix with paddle attachment for 3 minutes on low speed.
2. Add shortening to dry ingredients and mix with paddle attachment for 5 minutes on low speed, or until evenly distributed. Mixture will be crumbly.
3. Store in tightly covered container, in the refrigerator.
4. Use esta masa básica en las recetas de: Panecillos de Mantequilla (A-09B), Cuadritos de Muffins (A-11B), Panqueques (A-12A) y Cuadritos de Pan de Banana (A13-A).

Notes

Special Tip:

A 10-qt mixer may be used to produce 1 gal 2 1/4 qt of Master Mix. A 20-qt mixer may be used to produce 3 gal of Master mix.

A new nutrient analysis will be coming.
Updated July 2014. Restandardization in progress.

Meat Balls

Makes: 50 or 100 servings

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Canned low-sodium tomato paste	6 oz	2/3 cup	12 oz	1 1/3 cups
Water		1 cup		2 cups
Low-sodium beef stock, non-MSG		2 cups		1 qt
Frozen whole eggs, thawed	8 oz	3/4 cup 3 Tbsp	1 lb	1 3/4 cups 2 Tbsp
OR Fresh large eggs (see Special Tip)		OR 5 each		OR 9 each
Rolled oats	14 1/2 oz	1 qt 1 cup	1 lb 13 oz	2 qt 2 cups
Instant nonfat dry milk	2 1/4 oz	3/4 cups 2 Tbsp	4 1/2 oz	1 3/4 cups
Raw ground beef (no more than 15% fat)	7 lb 14 oz		15 lb 12 oz	
*Fresh onions, finely chopped	9 oz	1 1/2 cups	1 lb 2 oz	3 cups
OR Dehydrated onions	OR 3/4 oz	OR 1/4 cup 2 Tbsp	OR 1 1/2 oz	OR 3/4 cup
*Fresh celery, diced finely	1 lb	3 3/4 cups	2 lb	1 qt 3 1/2 cups
Dried parsley		1/4 cup		1/2 cup
Ground black or white pepper		1 Tbsp		2 Tbsp
Granulated garlic		1 Tbsp		2 Tbsp
Dried basil		3/4 tsp		1 1/2 tsp
Dried oregano		3/4 tsp		1 1/2 tsp
Dried marjoram		1/2 tsp		1 tsp
Dried thyme		1/2 tsp		1 tsp
Salt		1 tsp		2 tsp

Nutrition Information

Meal Components

Vegetables

_ Other 1/8 cup

Meat / Meat Alternate 2 ounces

Directions

1. In mixer with the paddle attachment, combine tomato paste, water, stock, eggs, oats, and dry milk for 2 minutes on medium speed.
2. Add ground beef, onions, celery, parsley, pepper, granulated garlic, basil, oregano, marjoram, thyme, and salt. Mix on low speed for 3 minutes or until blended. DO NOT OVERMIX.
3. Portion with level firmly packed No. 16 scoop ($\frac{1}{4}$ cup) into steamtable pans (12" x 20" x 2 $\frac{1}{2}$ "), 25 meat balls per pan. For 50 servings, use 4 pans. For 100 servings, use 8 pans.
4. Bake: Conventional oven: 350° F for 40 minutes
Convection oven: 275° F for 40 minutes CCP: Heat to 155° F or higher for at least 15 seconds. OR If using homemade stock, CCP: Heat to 165° F or higher for at least 15 seconds.
5. Drain fat from pans.
6. CCP: Hold for hot service at 135° F or higher. Portion 2 meat balls per serving.
7. Serve with Brown Gravy (see G-03), Meatless Tomato Sauce (see G-07), or in a meat ball submarine sandwich.

Notes

Comments:

*See Marketing Guide.

Special Tips:

1) Before baking, spread one cup of tomato sauce over the top of each loaf to retain moisture.

2) For 50 servings, use 2 $\frac{1}{2}$ oz ($\frac{3}{4}$ cup 2 Tbsp) dried whole eggs and $\frac{3}{4}$ cup 2 Tbsp water in place of eggs.

For 100 servings, use 4 $\frac{1}{2}$ oz (1 $\frac{1}{2}$ cups) dried whole eggs and 1 $\frac{1}{2}$ cups water in place of eggs.

A new nutrient analysis will be coming. Updated July 2014. Restandardization in progress.

Meat Loaf

Makes: 50 or 100 Servings

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Canned low-sodium tomato paste	6 oz	2/3 cup	12 oz	1 1/3 cups
Water		1 cup		2 cups
Low-sodium beef stock, non-MSG		2 cups		1 qt
Frozen whole eggs, thawed	8 oz	3/4 cup 3 Tbsp	1 lb	1 3/4 cups 2 Tbsp
OR		OR		OR
Fresh large eggs (see Special Tip)		5 each		9 each
Rolled oats	14 1/2 oz	1 qt 1 cup	1 lb 13 oz	2 qt 2 cups
Instant nonfat dry milk	2 1/4 oz	3/4 cup 2 Tbsp	4 1/2 oz	1 3/4 cups
Raw ground beef (no more than 15% fat)	7 lb 14 oz		15 lb 12 oz	
*Fresh onions, finely chopped	9 oz	1 1/2 cups	1 lb 2 oz	3 cups
OR	OR	OR	OR	OR
Dehydrated onions	3/4 oz	1/4 cup 2 Tbsp	1 1/2 oz	3/4 cup
*Fresh celery, finely chopped	1 lb	3 3/4 cups	2 lb	1 qt 3 1/2 cups
Dried parsley		1/4 cup		1/2 cup
Ground black or white pepper		1 Tbsp		2 Tbsp
Granulated garlic		1 Tbsp		2 Tbsp
Dried basil		3/4 tsp		1 1/2 tsp
Dried oregano		3/4 tsp		1 1/2 tsp
Dried marjoram		1/2 tsp		1 tsp
Dried thyme		1/2 tsp		1 tsp
Salt		1 tsp		2 tsp

Nutrition Information

Meal Components

Vegetables

_ Other 1/8 cup

Meat / Meat Alternate 2 ounces

Directions

1. In mixer with the paddle attachment, combine tomato paste, water, stock, eggs, oats, and dry milk for 2 minutes on medium speed.
2. Add ground beef, onions, celery, parsley, pepper, granulated garlic, basil, oregano, marjoram, thyme, and salt. Mix on low speed for 2-3 minutes or until blended. DO NOT OVERMIX.
3. Place 12 lb 14 oz (1 gal 2 $\frac{3}{4}$ qt) mixture into each steamtable pan (12" x 20" x 2 $\frac{1}{2}$ "). For 50 servings, use 1 pan. For 100 servings, use 2 pans.
4. Press mixture into steamtable pans. Smooth top. Separate mixture down the middle lengthwise into 2 equal loaves.
5. Bake: Conventional oven: 350° F for 1 $\frac{1}{2}$ hours
Convection oven: 275° F for 1 $\frac{1}{4}$ hours CCP: Heat to 155° F or higher for at least 15 seconds. OR If using homemade stock, CCP: Heat to 165° F or higher for at least 15 seconds.
6. Drain fat from pans. Let meat loaf stand 20 minutes. Slice each loaf into 25 slices, approximately $\frac{3}{4}$ " thick. CCP: Hold for hot service at 135° F or higher.
7. Serve with Brown Gravy (see G-03) or Meatless Tomato Sauce (see G-07).

Notes

Comments:

*See Marketing Guide.

Special Tips:

1) Before baking, spread one cup of tomato sauce over the top of each loaf to retain moisture.

2) For 50 servings, use 2 $\frac{1}{2}$ oz ($\frac{3}{4}$ cup 2 Tbsp) dried whole eggs and $\frac{3}{4}$ cup 2 Tbsp water in place of eggs.

For 100 servings, use 4 $\frac{1}{2}$ oz (1 $\frac{1}{2}$ cups) dried whole eggs and 1 $\frac{1}{2}$ cups water in place of eggs.

A new nutrient analysis will be coming. Updated July 2014. Restandardization in progress.

Mediterranean Quinoa Salad

Rating: ★★★★★

Prep time: 1 hour, 0 minutes

Cook time: 15 minutes

Makes: 6 Servings

A nutritious whole grain called quinoa is mixed with a colorful variety of vegetables for a tasty side salad.

Ingredients

- 1 cup** Quinoa, dry
- 2 cups** low-sodium chicken broth
- 2 tablespoons** lemon juice
- 2 tablespoons** red wine vinegar
- 1 teaspoon** Fresh garlic, minced
- 1 1/2 tablespoons** extra virgin olive oil
- 1/2 teaspoon** salt
- 1/8 teaspoon** ground white pepper
- 1/4 cup** Fresh red bell peppers, seeded, diced
- 2 tablespoons** Fresh green onions, diced
- 2 tablespoons** Fresh red onions, peeled, diced
- 1/2 cup** Fresh cherry tomatoes, halved
- 1/8 cup** Black olives, sliced
- 2 tablespoons** Feta cheese, crumbled
- 1 tablespoon** Fresh parsley, chopped

Directions

1. Rinse quinoa in a fine mesh strainer until water runs clear, not cloudy. Combine quinoa and chicken broth in a small pot. Cover and bring to a boil. Turn heat down to low and simmer until broth is completely absorbed, about 10-15 minutes. When done, quinoa will be soft and a white ring will pop out of the kernel. The white ring will appear only when it is fully cooked. Fluff with a fork. A rice cooker may be used with the same quantity of quinoa and



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	166	
Total Fat	6 g	
Protein	7 g	
Carbohydrates	23 g	
Dietary Fiber	3 g	
Saturated Fat	1 g	
Sodium	278 mg	

MyPlate Food Groups

Vegetables	1/4 cup
Grains	1 ounce

water. Cover and refrigerate.

2. In a small mixing bowl, combine lemon juice, vinegar, garlic, olive oil, salt, and ground pepper to make dressing.
3. Combine red peppers, green onions, red onions, tomatoes, and olives in a large mixing bowl. Mix well.
4. Add dressing to vegetable mixture. Mix in cooled quinoa. Fold in feta cheese and parsley. Cover and refrigerate for about 2 hours. Serve chilled.

Notes

Our Story

Bellingham Memorial Middle School in Bellingham, Massachusetts, serves over 800 students in grades 5-8. The school seeks to establish itself as an exemplary middle school by developing programs that are responsive to student needs.

The recipe challenge team held an afterschool cooking class. After a discussion on the value of healthy eating and a lesson on basic nutrition, the students went to work to create a recipe. The end result was a tasty side salad featuring a nutritious whole grain called quinoa, mixed with a colorful variety of vegetables, including red peppers, parsley, and cherry tomatoes. Feta cheese and a light lemon dressing complete the Mediterranean Quinoa Salad. What a party of flavor!

Bellingham Memorial Middle School

Bellingham, Massachusetts

School Team Members

School Nutrition Professional: Jeanne Sheridan, SNS

Chef: Rodney Poles (Whole Foods Market, partner chef from Chefs Move to Schools chefsmoveetoschools.org)

Community Members: Karen Ring (Healthy Eating Specialist, Whole Foods Market) and Lauren Marciszyn, RD, LDN (Youth and Community Wellness Director, YMCA)

Students: Dylan B., Elizabeth B., Taylin S., John G., and Nick D.

Recipes for Healthy Kids Cookbook for Homes

Mediterranean Quinoa Salad

Rating: ★

Makes: 50 or 100 Servings

A nutritious whole grain called quinoa is mixed with a colorful variety of vegetables for a tasty side salad.

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Lemon juice		1/2 cup		1 cup
Quinoa, dry	3 lb 6 oz	2 qt 1/2 cups	6 lb 12 oz	1 gal 1 cup
Low-sodium chicken broth		1 gal		2 gal
Red wine vinegar		1/2 cup		1 cup
Fresh garlic, minced		2 Tbsp		1/4 cup
Extra virgin olive oil		1/2 cup		1 cup
Salt		1 Tbsp 1 tsp		2 Tbsp 2 tsp
Ground white pepper		1 tsp		2 tsp
*Fresh red bell peppers, diced	11 oz	2 cups	1 lb 6 oz	1 qt
*Fresh green onions, diced	4 oz	1 cup	8 oz	2 cups
*Fresh red onions, diced	6 oz	1 cup	12 oz	2 cups
*Fresh cherry tomatoes, halved	1 lb 6 1/2 oz	1 qt	2 lb 13 oz	2 qt
Black olives, sliced	5 oz	1 cup	9 1/2 oz	2 cups
Feta cheese, crumbled	6 oz	1 cup	12 oz	2 cups
*Fresh parsley, finely chopped		2 cups	2 1/2 oz	1 qt

Directions

1. Dressing: combine lemon juice, vinegar, garlic, oil, salt, and ground pepper. Mix well. Set aside.
2. Rinse quinoa in a fine mesh strainer until water runs



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	165.87	
Total Fat	5.62 g	
Protein	6.66 g	
Carbohydrates	22.66 g	
Dietary Fiber	2.67 g	
Saturated Fat	1.21 g	
Sodium	278.1 mg	

Meal Components

Vegetables	
Other	1/8 cup
Grains	1 ounce

clear, not cloudy.

3. Combine quinoa and broth in a covered stockpot and bring to a boil. Reduce heat and simmer until water is completely absorbed, about 10-15 minutes. When done, quinoa will be soft and a white ring will pop out of the kernel. The white ring will appear only when it is fully cooked. Fluff. Cover and refrigerate at 40 °F.
4. Combine red peppers, green onions, red onions, tomatoes, and black olives in a large bowl. Add dressing.
5. Mix in cooled quinoa. Fold in feta cheese and parsley.
6. Transfer to a steam table pan (12" x 20" x 2 ½").
For 50 servings, use 2 pans. For 100 servings, use 4 pans.
7. Critical Control Point: Cool to 41 °F or lower within 4 hours. Cover and refrigerate until service.
8. Portion with 6 fl oz spoodle (¾ cup).

Notes

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Bellingham Memorial Middle School

Bellingham, Massachusetts

School Team Members

School Nutrition Professional: Jeanne Sheridan, SNS

Chef: Rodney Poles (Whole Foods Market, partner chef from Chefs Move to Schools chefsmoveetoschools.org)

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Students: Dylan B., Elizabeth B., Taylin S., John G., and Nick D.

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Mexicali Corn

Makes: 50 or 100 Servings

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Canned low-sodium liquid pack whole-kernel corn	4 lb 2 oz	2 qt 2 2/3 cups (1 No. 10 can)	8 lb 4 oz	1 gal 1 3/8 qt (2 No. 10 cans)
OR	OR	OR	OR	OR
Frozen whole-kernel corn	3 lb 12 oz	2 qt 2 1/2 cups	7 lb 8 oz	1 gal 1 1/4 qt
*Fresh green pepper, finely chopped	8 oz	1 1/2 cups 2 Tbsp	1 lb	3 1/2 cups
*Fresh onions, chopped	6 oz	1 cup	12 oz	2 cups
OR	OR	OR	OR	OR
Dehydrated onions	1 oz	1/2 cup	2 oz	1 cup
Canned chopped pimientos, drained	3 oz	1/4 cup 1 Tbsp	6 oz	1/2 cup 2 Tbsp
Trans fat-free margarine	2 oz	1/4 cup	4 oz	1/2 cup
Chili powder		1 1/4 tsp		2 1/2 tsp
Ground cumin		3/4 tsp		1 1/2 tsp
Paprika		1/2 tsp		1 tsp
Onion powder		1/2 tsp		1 tsp

Nutrition Information

Meal Components

Vegetables

_ Starchy	1/8 cup
_ Other	1/8 cup

Directions

1. Combine corn, green peppers, and onions.
2. To steam: Place corn mixture in steamtable pans (12" x 20" x 2 1/2"). For 50 servings, use 1 pan. For 100 servings, use 2 pans. Heat uncovered, in steamer at 5 lb pressure. For canned corn, heat 4-8 minutes. For frozen corn, heat 9-13 minutes. To heat: Place corn mixture in stock pot or steam-jacketed kettle. For 50 servings, add 2 cups water. For 100 servings, add 1 qt water. Heat, uncovered. Drain. Pour into steamtable pans (12" x 20" x 2 1/2"). For 50 servings, use 1 pan. For 100 servings, use 2 pans.
3. CCP: Heat to 140° F or higher.

4. Add pimientos, margarine, and seasonings. Stir lightly.
5. CCP: Hold for hot service at 135° F or higher. Portion with No. 16 scoop (¼ cup).

Notes

Comments:

*See Marketing Guide.

†Mexican Seasoning Mix (see G-01A, Sauces, Gravies, and Seasoning Mixes) may be used to replace these ingredients. For 50 servings, use 1 Tbsp Mexican Seasoning Mix. For 100 servings, use 2 Tbsp Mexican Seasoning Mix.

A new nutrient analysis will be coming. Edited July 2014. Restandardization in progress.

Mexican Seasoning Mix

Makes: 1 or 1 servings

1 Servings			1 Servings	
Ingredients	Weight	Measure	Weight	Measure
Chili powder	8 1/4 oz	1 3/4 cups	2 lb 5 1/2 oz	1 qt 3 cups
Ground cumin	5 oz	1 1/3 cups	1 lb 6 oz	1 qt 1 1/3 cups
Paprika		1/4 cup 3 Tbsp	7 oz	1 3/4 cups
Onion powder		1/4 cup 3 Tbsp	7 1/2 oz	1 3/4 cups

Directions

1. Combine all ingredients.
2. Store in airtight container. Before using, stir or shake all ingredients well. (Ingredients may settle during storage.)

Notes

Updated July 2014

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	49	
Total Fat	2.41 g	
Protein	2.05 g	
Carbohydrates	7.99 g	
Dietary Fiber	3.3 g	
Saturated Fat	0.32 g	
Sodium	82 mg	

Minestrone

Makes: 50 or 100 Servings

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Water		1 cup		2 cups
*Fresh onions, diced	9 oz	1 1/2 cups	1 lb 2 oz	3 cups
OR	OR	OR	OR	OR
Dehydrated onions	1 oz	1/2 cup	2 oz	1 cup
*Fresh carrots, diced	1 lb 6 oz	1 qt 1 1/4 cups	2 lb 12 oz	2 qt 2 1/2 cups
*Fresh cabbage, minced	6 oz	2 cups 2 Tbsp	12 oz	1 qt 1/4 cup
*Fresh celery, chopped	8 oz	2 cups	1 lb	1 qt
*Fresh zucchini, chopped	8 oz	1 3/4 cups 2 Tbsp	1 lb	3 3/4 cups
Low-sodium beef stock, non-MSG		2 gal 1 1/2 qt		4 gal 3 qt
Canned low-sodium tomato paste	1 lb	1 3/4 cups	2 lb	3 1/2 cups
Ground black or white pepper		1 tsp		2 tsp
Dried oregano		1/4 tsp		1/2 tsp
Dried parsley		1/2 tsp		1 tsp
Granulated garlic		2 tsp		1 Tbsp 1 tsp
Salt		1 tsp		2 tsp
Dried marjoram (optional)		1/8 tsp		1/4 tsp
Canned low-sodium great northern beans, drained, rinsed	4 lb 4 1/2 oz	2 qt 1/4 cup (1 No. 10 can)	8 lb 9 oz	1 gal 1/2 cup (2 No. 10 cans)
OR	OR	OR	OR	OR
*Cooked dry Navy or pea beans (see Special Tips)	4 lb 4 1/2 oz	2 qt 2 Tbsp	8 lb 9 oz	1 gal 1/4 cup
Whole grain-rich elbow macaroni	11 oz	2 1/2 cups	1 lb 6 oz	1 qt 1 cup

Nutrition Information

Meal Components

Vegetables

_ Red & Orange 1/8 cup

Directions

1. Pour water into steam-jacketed kettle. Add onions, carrots, cabbage, celery, and zucchini (optional). Simmer for 15 minutes until tender.
2. Add beef stock, tomato paste, pepper, oregano, parsley, garlic, salt, and marjoram (optional). Simmer, uncovered, for 30 minutes.
3. Add beans and macaroni. Continue simmering for 20 minutes. CCP: Heat to 165° F or higher for at least 15 seconds.
4. Pour 10 lb 5 ¼ oz (1 gal ? cup) into medium steamtable pan (12" x 20" x 4"). For 50 servings, use 3 pans. For 100 servings, use 6 pans.
5. CCP: Hold for hot service at 135° F or higher. Portion with 8 oz ladle (1 cup).

Notes

Comments:

*See Marketing Guide.

Serving Information:

1 cup (8 oz ladle) provides: Legume as a Meat Alternate:
1/2 oz equivalent meat alternate, 1/8 cup red/orange vegetable, and 1/8 cup other vegetable.

OR

Legume as Vegetable: 3/8 cup legume vegetable, 1/8 cup red/orange vegetable, and 1/8 cup other vegetable.

Legume vegetable can be counted as either a meat alternate or as a legume vegetable but not both simultaneously.

Special Tips:

1) Garnish with Parmesan cheese

2) SOAKING BEANS

Overnight method: Add 1 ¾ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.

Quick-soak method: Boil 1 ¾ qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to

soak for 1 hour.

Discard the water. Proceed with recipe.

COOKING BEANS

Once the beans have been soaked, add ½ tsp salt for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours.

Use hot beans immediately.

CCP: Hold for hot service at 135° F.

OR

Chill for later use. If chilling: CCP: Cool to 70° F within 2 hours and to 41° F or lower within an additional 4 hours.

1 lb dry Navy or pea beans = about 2 ¼ cups dry or 5 ? cups cooked Navy or pea beans.

Updated July 2014. Restandarization in progress. A new nutrient analysis will be coming.

Muffin Squares

Makes: 50 or 100 servings

Ingredients	50 Servings		100 Servings	
	Weight	Measure	Weight	Measure
Whole wheat/enriched blend flour	1 lb 12 oz	1 qt 2 1/2 cups	3 lb 8 oz	3 qt 1 cups
Instant non-fat dry milk		3/4 cup	3 1/2 oz	1 1/2 cups
baking powder		3 Tbsp 2 tsp	3 oz	1/4 cup 3 1/3 Tbsp
Sugar	7 oz	1 cup	14 oz	2 cups
Salt		2 tsp		1 Tbsp 1 tsp
†Raisins, plumped (optional)	8 oz	2 2/3 cups	1 lb	1 qt 1 1/3 cups
Frozen whole eggs, thawed	5 1/4 oz	2/3 cup	10 1/2 oz	1 1/4 cups
OR Fresh large eggs (see Special Tip)		OR 3 each		OR 6 each
Water		2 3/4 cups		1 qt 1 1/2 cups
Vegetable oil		3/4 cup		1 1/2 cups

Nutrition Information

Meal Components

Grains 3/4 ounce

Directions

1. Blend flour, dry milk, baking powder, sugar, and salt in mixer for 5 minutes on low speed. Add raisins (optional).
2. Combine eggs and water. Add slowly to dry ingredients while mixing on low speed. Mix only until dry ingredients are moistened, 15-20 seconds.
3. Add oil slowly while mixing approximately 40 seconds on low speed. DO NOT OVERMIX. Batter will be lumpy.
4. Pour 4 lb 7 oz (2 qt 2 cups) batter into each steamtable pan (12" x 20" x 2 1/2") which has been lightly coated with pan release spray. For 50 servings, use 1 pan. For 100

servings, use 2 pans.

5. Bake until lightly browned: Conventional oven: 425° F for 25 minutes Convection oven: 350° F for 15 minutes

6. No CCP necessary.

7. Cut each pan 5 x 10 (50 portions per pan). For muffin pans: Portion batter with No. 20 scoop (3 ½ Tbsp) into muffin pans lightly coated with pan release spray. Fill no more than ¾ full. Bake until lightly browned: Conventional oven: 400° F for 18-20 minutes Convection oven: 350° F for 12-15 minutes To cool, remove muffins from pans immediately and place on cooling racks.

Notes

Comments:

†To plump raisins, cover the fruit with very hot tap water. Soak 2-5 minutes. DO NOT OVER SOAK. Drain well before using.

Special Tip:

For 50 servings, use 1 ½ oz (½ cup) dried whole eggs and ½ cup water in place of eggs.

For 100 servings, use 3 oz (1 cup) dried whole eggs and 1 cup water in place of eggs

Variations:

A. Muffin Squares (Using Master Mix)

50 servings: Omit step 1. Blend 2 lb 7 ½ oz (2 qt) Master Mix with 7 oz (1 cup) sugar. Continue with step 2. Omit step 3. Continue with step 4-6.

100 servings: Omit step 1. Blend 4 lb 15 oz (4 qt) Master Mix with 14 oz (2 cups) sugar. Continue with step 2. Omit step 3. Continue with steps 4-6.

B. Wheat Muffin Squares

50 servings: In step 1, use 1 lb 5 oz (1 qt ¾ cup) enriched all-purpose flour and 7 oz (1 ½ cups 2 Tbsp) whole wheat flour. Continue with steps 2-6.

100 servings: In step 1, use 2 lb 10 oz (2 qt 1 ½ cups) enriched all-purpose flour and 14 oz (3 ¼ cups) whole wheat flour. Continue with steps 2-6.

A new nutrient analysis will be coming.

Nacho Cheese Sauce

Makes: 50 or 100 servings

Ingredients	50 Servings		100 Servings	
	Weight	Measure	Weight	Measure
Instant nonfat dry milk, reconstituted		3 cups		1 qt 2 cups
Cheese blend of American and skim milk cheeses, shredded	3 lb 6 oz	3 qt 1 1/2 cups	6 lb 12 oz	1 gal 2 3/4 qt
Trans fat-free margarine	4 oz	1/2 cup	8 oz	1 cup
Chili powder		2 Tbsp		1/4 cup
Ground cumin		1 Tbsp 1 1/2 tsp		3 Tbsp
Paprika		1 1/2 tsp		1 Tbsp
Onion powder		1 1/2 tsp		1 Tbsp
Canned green chili peppers, chopped (optional)	2 oz	1/4 cup	4 oz	1/2 cup

Nutrition Information

Meal Components

Meat / Meat Alternate 1 ounce

Directions

1. Combine milk, cheese, margarine, and seasonings (optional). Stir over medium heat until cheese is melted and mixture is smooth, approximately 15 minutes.
2. Add green chili peppers (optional). Stir to combine
3. To maintain smooth consistency, serve immediately or keep warm. (If sauce becomes too thick, add a small amount of milk, as needed, stirring well after each addition.)
4. Portion 1 1/2 oz ladle (3 Tbsp). CCP: Hold for hot service at 135° F or higher.

Notes

Comments:

†Mexican Seasoning Mix (see G-01A, Sauces, Gravies,

and Seasoning Mixes) may be used to replace these ingredients. For 50 servings, use ¼ cup 1 ½ tsp Mexican Seasoning Mix. For 100 servings, use ½ cup 1 Tbsp Mexican Seasoning Mix.

Special Tip: Serve over taco shell pieces, baked potato, broccoli, cauliflower, or other vegetables.

Updated July 2014. Restandardization in progress. A new nutrient analysis will be coming.

New Italian Dressing

Makes: 50 or 100 servings

Ingredients	50 Servings		100 Servings	
	Weight	Measure	Weight	Measure
Chicken or vegetable stock, non-MSG		1 1/2 cup		3 cups
*Fresh carrots, minced	1 oz	1/4 cup	2 oz	1/2 cup
*Fresh onions, minced	1 oz	3 Tbsp	2 oz	1/4 cup 2 Tbsp
Fresh celery leaves, minced (optional)		1/4 cup		1/2 cup
Cornstarch		1 Tbsp		2 Tbsp
Sugar		1 Tbsp		2 Tbsp
Ground black or white pepper		1/2 tsp		1 tsp
Dried parsley		1 Tbsp		2 Tbsp
Dried oregano		1/2 tsp		1 tsp
Dried basil		1 1/2 tsp		1 Tbsp
Granulated garlic		1 Tbsp		2 Tbsp
Cider vinegar		3/4 cup		1 1/2 cups
Vegetable oil		1 1/2 cups		3 cups

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	62	
Total Fat	6.56 g	
Protein	0.08 g	
Carbohydrates	0.95 g	
Dietary Fiber	0.1 g	
Saturated Fat	0.92 g	
Sodium	4 mg	

Directions

1. Measure chicken or vegetable stock into pot. Add carrots, onions, celery leaves (optional), and cornstarch.
2. Heat to a boil, stirring constantly. Boil for 3 minutes or until thickened.
3. Turn off heat and let stand for 5 minutes.
4. Add sugar, pepper, parsley, oregano, basil, granulated garlic, and vinegar to the thickened stock mixture using a wire whip.
5. Slowly add oil to dressing mixture using wire whip.
6. For best results, refrigerate overnight to thicken and

develop flavors. Refrigerate until service.

Notes

Comments:

*See Marketing Guide.

Special Tip:

Add imitation bacon bits and serve dressing hot over spinach or lettuce.

Updated July 2014

New Oatmeal Raisin Cookies

Makes: 50 or 100 servings

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Sugar	1 lb 8 oz	3 cups	3 lb	1 qt 2 cups
Trans fat-free margarine	8 oz	1 cup	1 lb	2 cups
Frozen whole eggs, thawed	8 oz	3/4 cup 3 Tbsp	1 lb	1 3/4 cups 2 Tbsp
OR		OR		OR
Fresh large eggs (see Special Tip)		5 each		9 each
Lowfat 1% milk		1/2 cup		1 cup
Unsweetened applesauce	8 oz	1 cup	1 lb	2 cups
Whole wheat/enriched blend flour	12 oz	2 3/4 cups	1 lb 8 oz	1 qt 1 1/2 cups
Baking soda		1 tsp		2 tsp
Salt		1 tsp		2 tsp
Ground cinnamon		2 tsp		1 Tbsp 1 tsp
Ground nutmeg		1 tsp		2 tsp
Rolled oats	1 lb 4 oz	1 qt 3 cups	2 lb 8 oz	3 qt 2 cups
Raisins	13 oz	2 3/4 cups	1 lb 10 oz	1 qt 1 1/2 cups

Nutrition Information

Meal Components

Grains 3/4 ounce

Directions

1. Combine sugar and margarine in mixer with a paddle attachment for 5 minutes on medium speed until smooth and creamy.
2. Add eggs slowly. Mix on medium speed for 1 minute.
3. Add milk and applesauce. Mix for 1 minute on medium speed. Scrape down sides of bowl.
4. Add the flour, baking soda, salt, cinnamon, and nutmeg.

Mix for 2 minutes on low speed until blended.

5. Add oats and raisins. Mix on low speed for 30 seconds

6. Lightly coat each sheet pan (18" x 26" x 1") with nonstick cooking spray or line with parchment paper. Portion with level No. 24 scoop (2 ½ Tbsp) in rows of 4 across and 5 down. For 50 servings, use 3 pans, one pan will have only 10 cookies. For 100 servings, use 5 pans.

7. Bake until lightly browned: Conventional oven: 350° F for 18-20 minutes. Convection oven: 325° F for 10-12 minutes.

Notes

- Special Tips:
 - For 50 servings, use 2 ¼ oz (¾ cup) dried whole eggs and ¾ cup water in place of eggs.
 - For 100 servings, use 4 ½ oz (1 ½ cup) dried whole eggs and 1 cup water in place of eggs.
- For bar cookies, spread 6 lb 5 oz (2 qt ½ cup) of dough in a half-sheet pan (18" x 13" x 1") which has been lightly coated with pan release spray. Bake for 20-25 minutes in a 325° F convection oven. Cut 5 x 10 for 50 servings.

A new nutrient analysis will be coming. Updated July 2014. Restandardization in progress.

New Spice Cake

Makes: 50 or 100 servings

	50 Servings		100 Servings	
Ingredients	Weight	Measure	Weight	Measure
Sugar	1 lb 12 oz	3 1/2 cups	3 lb 8 oz	1 qt 3 cups
Margarine or butter	1 lb	2 cups	2 lb	1 qt
Vanilla		1 Tbsp		2 Tbsp
Frozen egg whites, thawed	8 oz	1 cup	1 lb	2 cups
OR		OR		OR
Fresh large egg whites		8 each		16 each
Enriched all-purpose flour	1 lb 12 oz	1 qt 2 1/2 cups	3 lb 8 oz	3 qt 1 cup
Baking soda		1 Tbsp 1 tsp		2 Tbsp 2 tsp
Ground cinnamon		1 Tbsp		2 Tbsp
Ground cloves		1 1/2 tsp		1 Tbsp
Ground nutmeg		1 tsp		2 tsp
Lowfat 1% milk		1 qt		2 qt

Directions

1. Combine sugar, margarine or butter, and vanilla in mixer with paddle attachment for 5 minutes on low speed until smooth and creamy.
2. Slowly add egg whites and mix for 1 minute on low speed until blended. Scrape down the sides of the bowl.
3. In a separate bowl, combine flour, baking soda, cinnamon, cloves and nutmeg.
4. Add dry ingredients to the creamed mixture, alternating with the lowfat milk. DO NOT OVERMIX.
5. Pour 7 lb 4 oz (approximately 1 gal) of batter into each steamtable pan (12" x 20" x 2 1/2") which has been lightly coated with pan release spray. For 50 servings, use 1 pan. For 100 servings, use 2 pans.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	196	
Total Fat	7.7 g	
Protein	2.85 g	
Carbohydrates	29.24 g	
Dietary Fiber	0.5 g	
Saturated Fat	1.65 g	
Sodium	204 mg	

Meal Components

Grains	1 ounce
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6. Bake: Conventional oven: 350° F for 25-30 minutes
Convection oven: 325° F for 20 minutes When done, cake will spring back when lightly touched.
7. Cut 5 x 10 (50 pieces per pan).
8. Frost with Spice Icing (C-29).

Notes

Special Tip:

This can also be baked in a sheet pan (18" x 26" x 1") for 1 gallon of batter. Bake in a conventional oven at 350° for 15-20 minutes. Cut 5 x 10 for 50 servings.

Oatmeal Cookies

Makes: 50 or 100 Servings

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Enriched all-purpose flour	14 1/2 oz	3 1/2 cups	1 lb 13 oz	1 qt 3 cups
Baking soda		2 tsp		1 Tbsp 1 tsp
Salt		1 tsp		2 tsp
Rolled oats	10 oz	3 1/2 cups	1 lb 4 oz	1 qt 3 cups
Sugar	7 oz	1 cup	14 oz	2 cups
Brown sugar, packed	9 1/2 oz	1 1/4 cups	1 lb 3 oz	2 1/2 cups
Ground cinnamon		1 tsp		2 tsp
Ground cloves		1/4 tsp		1/2 tsp
Ground nutmeg (optional)		1/2 tsp		1 tsp
Shortening	8 oz	1 1/4 cups	1 lb	2 1/2 cups
Margarine or butter	7 oz	3/4 cup 2 Tbsp	14 oz	1 3/4 cups
Frozen whole eggs, thawed	5 1/4 oz	2/3 cup	10 1/2 oz	1 1/4 cups
OR Fresh large eggs (see Special Tip)		OR 3 each		OR 6 each
Vanilla		1 Tbsp		2 Tbsp
**Raisins, plumped (optional - see Comments)	9 1/2 oz	1 1/2 cups	1 lb 3 oz	3 cups

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	161	
Total Fat	8.5 g	
Protein	2.22 g	
Carbohydrates	19.35 g	
Dietary Fiber	0.9 g	
Saturated Fat	1.96 g	
Sodium	140 mg	

Meal Components

Grains	3/4 ounce
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Directions

1. Blend flour, baking soda, salt, rolled oats, sugar, brown sugar, cinnamon, cloves, and nutmeg (optional) in mixer for 2 minutes on low speed.
2. Add shortening, margarine or butter, eggs, and vanilla. Mix for 1 minute on medium speed.
3. Add raisins (optional) and blend for 30 seconds on low speed.
4. Portion with level No. 40 scoop (1 ? Tbsp) in rows of 5

across and 5 down onto each sheet pan (18" x 26" x 1").
For 50 servings, use 2 pans. For 100 servings, use 4 pans.
(Cookie machine may be used, but adjustments may be necessary).

5. Bake until lightly browned: Conventional oven: 350° F for 12-14 minutes Convection oven: 300° F for 6-8 minutes
DO NOT OVERBAKE.

6. Cool completely. Remove from sheet pans.

Notes

- ****Comments:**
 - To plump raisins, cover the fruit with very hot tap water. Soak 2-5 minutes. **DO NOT OVERSOAK.** Drain well before using.
- **Special Tip:**
 - For 50 servings, use 1 ½ oz (½ cup) dried whole eggs and ½ cup water in place of eggs.
 - For 100 servings, use 3 oz (1 cup) dried whole eggs and 1 cup water in place of eggs.

Oatmeal Muffin Squares

Makes: 50 or 100 servings

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Rolled oats	8 oz	3 cups	1 lb	1 qt 2 cups
Water, hot		3 1/2 cups		1 qt 3 cups
Whole wheat/enriched blend flour	1 lb 3 oz	1 qt 1/3 cup	2 lb 6 oz	2 qt 2/3 cup
Baking soda		1 1/4 tsp		2 1/2 tsp
Ground cinnamon		1 1/4 tsp		2 1/2 tsp
Ground nutmeg		1 1/4 tsp		2 1/2 tsp
Salt		1 1/4 tsp		2 1/2 tsp
Trans fat-free margarine	6 oz	3/4 cup	12 oz	1 1/2 cups
Brown sugar, packed	1 lb 2 oz	2 1/4 cups	2 lb 4 oz	1 qt 1/2 cup
Sugar	1 lb 2 oz	2 1/4 cups	2 lb 4 oz	1 qt 1/2 cup
Vanilla		2 1/2 tsp		1 Tbsp 2 tsp
Frozen egg whites, thawed OR Fresh large egg whites	9 oz	1 cup 2 Tbsp OR 7 each	1 lb 2 oz	2 1/4 cups OR 14 each
Lowfat plain yogurt	2 oz	1/4 cup	4 oz	1/2 cup
Canned unsweetened applesauce	2 oz	1/4 cup	4 oz	1/2 cup
Rolled oats	3 oz	1 cup 2 Tbsp	6 oz	2 1/4 cups
Whole wheat/enriched blend flour	1 oz	1/4 cup	2 oz	1/2 cup
Brown sugar, packed	2 oz	1/4 cup	4 oz	1/2 cup
Trans fat-free margarine	2 oz	1/4 cup	4 oz	1/2 cup

Nutrition Information

Meal Components

Grains 1 ounce

Directions

1. Place oats in a stainless steel bowl and pour hot water over them. Let stand 20 minutes. Do not drain.
2. Combine flour, baking soda, cinnamon, nutmeg, and

salt in a bowl.

3. In a separate mixing bowl, using a paddle attachment, beat the margarine and sugars for 10 minutes. Scrape down the sides of the bowl. Add the vanilla, egg whites, yogurt, and applesauce. Beat for 3 minutes.
4. Add the oat mixture and blend for 1 minute on low speed. Add the flour mixture and blend for 1 minute. Scrape down the sides of the bowl.
5. For topping: Combine rolled oats, flour, brown sugar, and margarine or butter and mix until crumbs are size of small peas.
6. Lightly coat each steamtable pan (12" x 20" x 2 ½") with pan release spray. Pour 3 qt ½ cup (7 lb 7 oz) batter into each pan and spread evenly. Sprinkle 1 ¾ cups of topping over each pan. For 50 servings, use 1 pan. For 100 servings, use 2 pans.
7. Bake until golden brown and muffin pulls away from sides of pan: Conventional oven: 325° F for 45 minutes
Convection oven: 325° F for 35 minutes
8. Cut each pan 5 x 10 (50 pieces per pan).

Notes

Variation:

A. Peach Muffin Squares

In step 6, refrigerate batter (already in pans) for 1 hour prior to adding topping. Spread 3 lb 2 oz of canned, sliced peaches (drained) over each pan. (Fruit may be pureed.) Sprinkle 1 ¾ cups of topping over fruit. Bake as directed.

B. Blueberry Muffin Squares

In step 6, refrigerate batter (already in pans) for 1 hour prior to adding topping. Spread 3 lb 2 oz of frozen blueberries (thawed and drained) over each pan. (Fruit may be pureed.) Sprinkle 1 ¾ cups of topping over fruit. Bake as directed.

A new nutrient analysis will be coming. Updated July 2014. Restandardization in progress.

Oodles of Noodles

Prep time: 15 minutes

Cook time: 20 minutes

Makes: 6 Servings

This colorful, whole-wheat pasta dish is accented with grape tomatoes and Swiss chard, and delicately flavored with basil and garlic for an oodles of noodle delight!

Ingredients

- 2 3/4 cups** Penne pasta, whole-wheat, dry (11 oz)
- 1 1/3 tablespoons** extra virgin olive oil
- 2 1/4 cups** Fresh grape tomatoes, halved
- 1 1/2 teaspoons** dried basil
- 3/4 teaspoon** Sea salt
- 1/4 teaspoon** ground black pepper
- 1 tablespoon** Fresh garlic, minced
- 3 tablespoons** whole-wheat flour
- 2 1/3 cups** Low-sodium vegetable broth
- 4 cups** Fresh Swiss chard, stems removed, chopped

Directions

1. In a large pot, bring 2 quarts water to a boil. Gradually stir in pasta and return to a boil. Cook uncovered for about 8-10 minutes until tender. Do not overcook. Drain well.
2. Heat olive oil in a large skillet over medium heat. Add half of tomatoes and cook 2-3 minutes until skins soften. Do not overcook. Reserve remaining tomatoes for step 4. Add basil, salt, pepper, and garlic. Stir.
3. Sprinkle flour over tomatoes. Cook for 30 seconds over medium heat until mixture becomes thick. Add vegetable broth. Bring to a boil and then immediately reduce to low heat.
4. Add Swiss chard and remaining tomatoes. Simmer uncovered over low heat for 1-2 minutes or until Swiss chard is wilted. Pour over pasta. Serve hot.



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	235	
Total Fat	4 g	
Protein	9 g	
Carbohydrates	43 g	
Dietary Fiber	5 g	
Saturated Fat	1 g	
Sodium	323 mg	

MyPlate Food Groups

Vegetables	1/4 cup
Grains	2 ounces

Notes

Our Story

When the Assistant Principal asks you to work on a recipe challenge project, you roll up your sleeves and get busy! For the recipe challenge team at Lincoln Junior High School, foodservice members, teachers, students, parents, and a chef all came together to cook, taste, and adjust recipes.

They developed a total of five recipes. Thirty students were asked to comment on each recipe and share whether or not they would eat the dish if it were served again.

Based on their feedback, the school submitted three recipes as part of the contest and is thrilled that one of their recipes, Oodles of Noodles, was selected.

Lincoln Junior High School

Skokie, Illinois

School Team Members

School Nutrition Professional: Kathy Jones

Chef: Patsy Bentivegna

Community Members: Joe Cullota (Teacher) and Maggie Nessim (School Board Member and Parent)

Students: Sarah B., Matt L., Elizabeth D., Vanessa L., and Hannah W.

Recipes for Healthy Kids Cookbook for Homes

Oodles of Noodles

Makes: 50 or 100 Servings

This colorful, whole-wheat pasta dish is accented with grape tomatoes and Swiss chard, and delicately flavored with basil and garlic for an oodles of noodle delight!

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Water		4 gal		8 gal
Penne pasta, whole-wheat, dry	5 lb 8 oz	1 gal 3 qt	11 lb	3 gal 2 qt
Extra virgin olive oil		2/3 cup		1 1/3 cups
*Fresh grape tomatoes, halved	6 lb	1 gal	12 lb	2 gal
Dried basil		1/4 cup		1/2 cup
Sea salt		2 Tbsp		1/4 cup
Ground black pepper		1 Tbsp		2 Tbsp
Fresh garlic, minced	4 oz	1/2 cup	8 oz	1 cup
Whole-wheat flour	7 oz	1 1/2 cups	14 oz	3 cups
Low-sodium vegetable broth		1 gal 1/2 cup		2 gal 1 cups
*Fresh Swiss chard, stems removed, chopped	2 lb 8 oz	3 qt 1 cup	5 lb	1 gal 2 1/2 qt

Directions

1. Heat water to a rolling boil.
2. Slowly add pasta. Stir constantly until water boils again. Cook about 8 minutes or until al dente. Stir occasionally. **DO NOT OVERCOOK.** Drain well.
3. Heat oil. In a roasting pan/square head pan (20 7/8" x 17 3/8" x 7") on top of stove, sauté half of tomatoes over medium heat for 2 minutes until skins soften. **DO NOT OVERCOOK.** Tomatoes should maintain their shape. Reserve remaining tomatoes for step 6.
4. Add basil, salt, pepper, and garlic



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	234.73	
Total Fat	4 g	
Protein	8.69 g	
Carbohydrates	43.44 g	
Dietary Fiber	5.33 g	
Saturated Fat	0.56 g	
Sodium	323.28 mg	

Meal Components

Vegetables

_ Red & Orange	1/8 cup
_ Other	1/8 cup

Grains	2 ounces
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5. Sprinkle flour over tomatoes. Sauté over medium heat for an additional 1-2 minutes. When mixture begins to thicken add broth. Bring to a boil uncovered. Reduce heat to low.
6. Add Swiss chard and the remaining tomatoes. Simmer over low heat, uncovered, for 2 minutes or until Swiss chard is wilted. Critical Control Point: Heat to 135 °F or higher for at least 15 seconds.
7. Pour over pasta and serve
8. Critical Control Point: Hold for hot service at 135 °F or higher.
9. Portion with 8 fl oz ladle (1 cup).

Notes

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Students: Sarah B., Matt L., Elizabeth D., Vanessa L., and Hannah W.

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Orange Glaze

Makes: 50 or 100 Servings

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Powdered sugar	14 oz	3 cups	1 lb 12 oz	1 qt 2 cups
Frozen orange juice concentrate, thawed		1/4 cup		1/2 cup
Water		1/4 cup		1/2 cup
Orange ring, grated		1 Tbsp		2 Tbsp

Directions

1. Combine powdered sugar, orange juice, water, and orange rind in mixer for 5 minutes on low speed until smooth.
2. Recipe for 50 servings glazes one half-sheet pan (13" x 18" x 1").

Notes

A new nutrient analysis will be coming. Updated July 2014. Restandardization in progress.

Orange Glazed Carrots

Makes: 50 or 100 servings

Ingredients	50 Servings		100 Servings	
	Weight	Measure	Weight	Measure
Canned low-sodium sliced carrots, drained	5 lb 2 oz	3 qt (1 1/4 No. 10 cans)	10 lb 4 oz	1 gal 2 qt (2 1/2 No. 10 cans)
OR	OR	OR	OR	OR
Frozen sliced carrots	4 lb 8 oz	1 gal	9 lb	2 gal
Trans fat-free margarine	4 oz	1/2 cup	8 oz	1 cup
Sugar	5 1/2 oz	3/4 cup 1 Tbsp	11 oz	1 1/2 cups 2 Tbsp
Frozen orange juice concentrate	7 oz	3/4 cup	14 oz	1 1/2 cups
Ground nutmeg (optional)		1 tsp		2 tsp
Ground cinnamon		1 tsp		2 tsp
Water, cold		1 cup		2 cups
Cornstarch		2 Tbsp 2 tsp		1/3 cup
Dehydrated plums (prunes), chopped (optional)	5 oz	3/4 cup 2 Tbsp	10 oz	1 3/4 cups
OR	OR	OR	OR	OR
Raisins (optional)	5 oz	1 cup	10 oz	1 cup

Nutrition Information

Meal Components

Vegetables

_ Red & Orange 1/8 cup

Directions

1. If using frozen carrots, steam for 4 minutes.
2. Place 5 lb 2 oz (3 qt) carrots into each steamtable pan (12" x 20" x 2 1/2"). For 50 servings, use 1 pan. For 100 servings, use 2 pans.
3. For glaze: Combine margarine, sugar, orange juice concentrate, nutmeg (optional), and cinnamon. Mix cold water and cornstarch until dissolved. Add to glaze. Stir to blend.

4. Bring to a boil. Remove from heat. Add dehydrated plums or raisins (optional).
5. Pour 2 $\frac{3}{4}$ cups glaze over each pan of carrots. Bake:
Conventional oven: 375° F for 20-30 minutes Convection oven: 325° F for 15-20 minutes CCP: Heat to 140° F or higher.
6. CCP: Hold for hot service at 135° F or higher. Portion with No. 12 scoop ($\frac{1}{2}$ cup).

Notes

**A new nutrition analysis will be coming.
Updated July 2014. Restandardization in progress.**

Orange Glazed Sweet Potatoes

Makes: 50 or 100 servings

Ingredients	50 Servings		100 Servings	
	Weight	Measure	Weight	Measure
Canned cut sweet potatoes, with light syrup	10 lb 2 oz	1 gal 1 3/4 qt (1 1/2 No. 10 cans)	20 lb 4 oz	2 gal 3 1/2 qt (3 No. 10 cans)
Trans fat-free margarine	4 oz	1/2 cup	8 oz	1 cup
Brown sugar, packed	5 3/4 oz	3/4 cup	11 1/2 oz	1 1/2 cups
Frozen orange juice concentrate	7 oz	3/4 cup	14 oz	1 1/2 cups
Ground nutmeg (optional)		1 tsp		2 tsp
Ground cinnamon		1 tsp		2 tsp
Raisins (optional)	5 oz	1 cup	10 oz	2 cups

Directions

1. Drain sweet potatoes, reserving liquid. For 50 servings, reserve 1 cup liquid. For 100 servings, reserve 2 cups liquid. Set liquid aside for step 3.
2. Place 5 lb 12 oz (3 qt 1/2 cup) sweet potatoes into each steamtable pan (12" x 20" x 2 1/2"). For 50 servings, use 1 pan. For 100 servings, use 2 pans.
3. For glaze: Combine margarine, brown sugar, orange juice concentrate, sweet potato liquid, nutmeg (optional), and cinnamon. Stir to blend.
4. Bring to boil. Remove from heat. Add raisins (optional).
5. Pour 2 3/4 cups glaze over each pan of sweet potatoes. Bake: Conventional oven: 375° F for 20-30 minutes. Convection oven: 325° F for 15-20 minutes. CCP: Heat to 140° F or higher.

Nutrition Information

Meal Components

Vegetables

Red & Orange 3/8 cup

6. CCP: Hold for hot service at 135° F or higher. Portion with No. 16 scoop ($\frac{1}{4}$ cup).

Notes

A new nutrition analysis will be coming. Updated July 2014. Restandardization in progress.

Orange Rice Pilaf

Makes: 50 or 100 servings

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
*Fresh onions, chopped	8 oz	1 1/3 cups	1 lb	2 2/3 cups
OR	OR	OR	OR	OR
Dehydrated onions	1 1/2 oz	3/4 cup	3 oz	1 1/2 cups
Water		3 1/2 cups		1 qt 3 cups
Orange juice		2 qt 1 cup		1 gal 2 cups
Salt		2 tsp		1 Tbsp 1 tsp
Ground black or white pepper		1 tsp		2 tsp
Dried bay leaves		4 each		8 each
Brown rice, long grain, regular	3 lb 6 oz	2 qt	6 lb 12 oz	1 gal
OR	OR	OR	OR	OR
Brown rice, long grain, parboiled	3 lb 10 oz	2 qt 1 1/4 cups	7 lb 4 oz	1 gal 2 1/2 cups
Sliced almonds, toasted (optional, see Special Tip)	2 oz	1/2 cup	4 oz	1 cup

Nutrition Information

Meal Components

Grains 1 ounce

Directions

1. Place onions, water, orange juice, seasonings, and bay leaves in a stock pot. Boil for 5 minutes or until onions are tender. Remove bay leaves.
2. Weigh out 3 lb 6 oz of regular rice OR 3 lb 10 oz of parboiled rice into each steamtable pan (12" x 20" x 2 1/2"). For 50 servings, use 1 pan. For 100 servings, use 2 pans. Pour 3 qt 1/2 cup liquid from step 1 into each pan.
3. Bake: Conventional oven: 350° F for 45 minutes
Convection oven: 350° F for 30 minutes Steamer: 30 minutes
4. CCP: Hold for hot service at 135° F or higher. Portion

with No. 8 scoop (½ cup).

Notes

Comments:

*See Marketing Guide.

Special Tip:

One-half cup (2 oz) of toasted almonds may be added to each pan of pilaf after cooking, for color and taste. To toast, spread almonds on a half-sheet pan (18" x 13" x 1"). Bake in a conventional oven at 350° F for 15 minutes, until lightly browned.

A new nutrient analysis will be coming. Updated July 2014. Restandardization in progress.

Orange Rice Pudding

Makes: 50 or 100 servings

50 Servings			100 Servings	
Ingredients	Weight	Measure	Weight	Measure
Enriched white rice, long grain, regular	2 lb	1 qt 2/3 cup	4 lb	2 qt 1 1/3 cups
Water		2 qt 1 cup		1 gal 2 cups
Sugar	1 lb	2 cups	2 lb	1 qt
Lowfat 1% milk		2 qt		1 gal
Orange rind, grated		1/4 cup 2 Tbsp		3/4 cup
Ground cinnamon (optional)		1/2 tsp		1 tsp
Vanilla		2 Tbsp		1/4 cup
Raisins (optional)	6 oz	1 1/4 cups	12 oz	2 1/2 cups

Directions

1. Place 2 lbs of rice and 2 qt 1 cup of water in each steamtable pan (12" x 20" x 2 1/2"). For 50 servings, use 1 pan. For 100 servings, use 2 pans. Cover with foil or a metal lid. Bake: Conventional oven: 350° F for 35 minutes
Convection oven: 325° F for 25 minutes
2. In a large bowl, combine sugar, milk, orange rind, cinnamon (optional), vanilla, and raisins (optional). Pour 5 lb of this mixture over each pan of rice. Cover each pan with foil or metal lid.
3. Bake until set: Conventional oven: 375° F for 55 minutes
Convection oven: 350° F for 45 minutes.
4. Refrigerate for 2-3 hours before serving. CCP: Cool to 70° F within 2 hours and from 70° F to 41° F within an additional 4 hours.
5. Each pan serves 50.
6. CCP: Hold for cold service at 41° F or lower. Portion

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	115	
Total Fat	0.55 g	
Protein	2.57 g	
Carbohydrates	24.53 g	
Dietary Fiber	0.3 g	
Saturated Fat	0.29 g	
Sodium	20 mg	

Meal Components

Grains	1/2 ounce
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with No. 12 scoop (½ cup).

Notes

Special Tip:

- Rice may be cooked a day ahead.

Orange-Pineapple Gelatin

Makes: 50 or 100 Servings

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Water		2 cups		1 qt
Unflavored gelatin	3 oz	3/4 cup	6 oz	1 1/2 cups
Sugar	5 1/4 oz	3/4 cup	10 1/2 oz	1 1/2 cups
Canned, crushed pineapple, in juice	3 lb 5 oz	1 qt 2 1/3 cups (1/2 No. 10 can)	6 lb 10 oz	3 qt 2/3 cup (1 No. 10 can)
Frozen orange juice concentrate, reconstituted		3 qt 2 cups		1 gal 3 qt
Canned applesauce	3 lb 6 oz	1 qt 2 cups (1/2 No. 10 can)	6 lb 12 oz	3 qt (1 No. 10 can)
Chopped nuts (optional)	5 1/4 oz	1 1/4 cup	10 1/2 oz	2 1/2 cups

Directions

1. Combine water, gelatin, and sugar. Cook over medium heat, stirring frequently until sugar and gelatin dissolve, 2-3 minutes. Remove from heat.
2. Drain pineapple, reserving juice. For 50 servings, reserve 2 cups juice. For 100 servings, reserve 1 qt juice.
3. Stir orange juice and pineapple liquid into gelatin mixture. Chill until mixture begins to thicken, approximately 30 minutes.
4. Fold in pineapple, applesauce, and nuts (optional).
5. Pour 7 lb 12 oz (3 qt 1 1/2 cups) of fruited gelatin into each steamtable pan (12" x 20" x 2 1/2"). For 50 servings, use 2 pans. For 100 servings, use 4 pans.
6. Refrigerate overnight or until set.
7. Cut each pan 5 x 5 (25 portions per pan).

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	91	
Total Fat	0.12 g	
Protein	0.79 g	
Carbohydrates	22.84 g	
Dietary Fiber	0.8 g	
Saturated Fat	0.02 g	
Sodium	6 mg	

Meal Components

Fruits	1/2 cup
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Oven Fried Chicken

Makes: 50 or 100 Servings

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Raw chicken, cut up, thawed (USDA-donated, whole, cut up 8 pieces)	24 lb 8 oz		49 lb	
Vegetable oil		1 1/2 cups		3 cups
Enriched all-purpose flour	1 lb	3 3/4 cups	2 lb	1 qt 3 1/2 cups
Instant nonfat dry milk	8 oz	3 1/4 cups 2 Tbsp	1 lb	1 qt 2 3/4 cups
Poultry seasoning		1 Tbsp 1 1/2 tsp		3 Tbsp
Ground black or white pepper		1 Tbsp		2 Tbsp
Paprika		1 1/2 tsp		1 Tbsp
Granulated garlic		1 Tbsp 1 1/2 tsp		3 Tbsp

Directions

1. Place chicken pieces in large bowl. Drizzle oil over chicken. Toss to coat thoroughly.
2. In a separate bowl, combine flour, dry milk, poultry seasoning, pepper, paprika, and granulated garlic. Mix well.
3. Coat oiled chicken with seasoned flour. Arrange approximately 25 pieces of chicken on each ungreased sheet pan (18" x 26" x 1"). For 50 servings, use 3 pans. For 100 servings, use 6 pans.
4. Bake: Conventional oven: 400° F for 45-55 minutes
Convection oven: 350° F for 30-35 minutes CCP: Heat to 165° F or higher for at least 15 seconds.
5. Transfer to steamtable pans (12" x 20" x 2 1/2"). For 50

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	343	
Total Fat	19.99 g	
Protein	29.35 g	
Carbohydrates	9.67 g	
Dietary Fiber	0.3 g	
Saturated Fat	4.66 g	
Sodium	104 mg	

Meal Components

Meat / Meat Alternate 2 ounces

servings, use 2 pans. For 100 servings, use 4 pans.

6. CCP: Hold for hot service at 135° F or higher.

Pancakes

Makes: 50 or 100 servings

Ingredients	50 Servings		100 Servings	
	Weight	Measure	Weight	Measure
Whole wheat/enriched blend flour	2 lb	1 qt 3 1/2 cups	4 lb	3 qt 3 cups
baking powder		1/4 cup	3 1/4 oz	1/2 cup
Salt		1 1/2 tsp		1 Tbsp
Instant nonfat dry milk	2 1/2 oz	1 cup	5 oz	2 cups
Sugar	2 1/4 oz	1/3 cup	4 1/2 oz	2/3 cup
Frozen whole eggs, thawed	14 oz	1 2/3 cups	1 lb 12 oz	3 1/3 cups
OR		OR		OR
Fresh large eggs (see Special Tip)		8 each		16 each
Water		1 qt 1 1/4 cups		2 qt 2 1/2 cups
Vegetable oil		8 each		16 each

Nutrition Information

Meal Components

Grains 1 ounce

Directions

1. Blend flour, baking powder, salt, dry milk, and sugar in mixer for 3 minutes on low speed.
2. Combine eggs, water, and oil. Add to dry ingredients.
3. Blend for 2 minutes on low speed. Batter will be lumpy. DO NOT OVERMIX.
4. If desired, lightly coat griddle surface with pan release spray. Portion batter with level No. 20 scoop (3 Tbsp 1 tsp) onto griddle, which has been heated to 375° F
5. Cook until surface of pancakes is covered with bubbles and bottom side is lightly browned, approximately 2 minutes. Turn and cook until lightly browned on other side, approximately 1 minute.
6. Serve immediately or reheat in covered steamtable

pans (12" x 20" x 2 ½"): Conventional Oven: 350° F for 10-15 minutes Convection Oven: 300° F for 8-10 minutes

Notes

Special Tip:

For 50 servings, use 4 oz (1 ½ cups) dried whole eggs and 1 ½ cups water in place of eggs.

For 100 servings, use 8 oz (2 ½ cups) dried whole eggs and 2 ½ cups water in place of eggs

Variation

A. Pancakes (Using Master Mix)

50 servings: Omit step 1. Use 2 lb 13oz (2 qt 1 cup) Master Mix and 2 ¼ oz (½ cup) sugar. In step 2, omit oil. In step 3, blend for 3 minutes on medium speed. Continue with steps 4-6.

100 servings: Omit step 1. Use 5 lb 10 oz (4 qt 2 cups) Master Mix and 4 ½ oz (1 cup) sugar. In step 2, omit oil. In step 3, blend for 3 minutes on medium speed. Continue with steps 4-6.

A new nutrient analysis will be coming. Updated July 2014. Restandardization in progress.

Panelle Fries

Cook time: 11 minutes

Makes: 6 Servings

Panelle fries are a savory and crunchy side that will accompany any dish.

Ingredients

1 cup Garbanzo and/or fava flour

3/4 cup water

1 teaspoon garlic powder

1 teaspoon salt

2 tablespoons Canola or olive oil



Directions

1. Combine water and garlic powder, bring to a simmer.
2. Add flour to simmering water, whisk until incorporated.
3. Continue stirring for 12 minutes; caution not to scorch flour.
4. After 12 minutes, puree until smooth with an immersion blender and add salt.
5. Lightly coat flat sheet pan lined with pan liner and spray with nonstick spray.
6. Spread mixture on sheet pan and cool.
7. Cut into batons (French fry shape) when cool.
8. Brush the top with Canola/olive oil and bake at 425° F for 11 minutes until crispy and golden brown.

Pasta Salad

Makes: 50 or 100 Servings

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Water		1 gal 1 1/2 qt		2 gal 3 qt
Salt		2 Tbsp		1/4 cup
Whole grain-rich pasta spirals	1 lb 11 oz	2 qt 1 1/4 cups	3 lb 6 oz	1 gal 2 1/2 cups
OR	OR	OR	OR	OR
Whole grain-rich pasta shells, medium	1 lb 15 oz	2 qt 3 3/4 cups	3 lb 14 oz	1 gal 1 7/8 qt
Frozen mixed vegetables, thawed and drained	2 lb 4 oz	1 qt 1 1/2 cups	4 lb 8 oz	2 qt 3 cups
OR	OR	OR	OR	OR
Canned mixed vegetables, chilled, drained	2 lb 9 oz	1 qt 1 3/4 cups (2/3 No. 10 can)	5 lb 2 oz	2 qt 3 1/2 cups (1 1/3 No. 10 cans)
Frozen chopped broccoli, thawed and drained	1 lb 7 oz	3 1/2 cups	2 lb 14 oz	1 qt 3 cups
Ground black or white pepper		1 tsp		2 tsp
Italian Dressing (see E-15)		2 cups		1 qt

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	141	
Total Fat	7 g	
Protein	3.27 g	
Carbohydrates	16.83 g	
Dietary Fiber	2.03 g	
Saturated Fat	0.98 g	
Sodium	165 mg	

Meal Components

Vegetables	1/8 cup
Grains	1/2 ounce

Directions

1. Heat water to rolling boil. Add salt.
2. Slowly add pasta spiral s or shells while stirring constantly until water boils again. Cook for 8-10 minutes. DO NOT OVERCOOK. Drain well. Rinse under cold water.
3. Add mixed vegetables, broccoli, and pepper. Shake dressing. Pour over pasta and vegetables. Toss lightly to combine and coat evenly. Spread 5 lb 1 oz (approximately 2 qt 1 ? cups) into each shallow pan (12" x 20" x 2 1/2") to a product depth of 2" or less. For 50 servings, use 2 pans. For 100 servings, use 4 pans.

4. CCP: Cool to 41° F or lower within 4 hours. Cover. Refrigerate until ready to serve.
5. Mix lightly before serving.
6. Portion with No. 10 scoop (½ cup).

Notes

**A new nutrient analysis will be coming.
Updated July 2014. Restandardization in Progress.**

Peach Cobbler

Makes: 50 or 100 servings

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Whole wheat/enriched blend flour	2 lb 4 oz	2 qt 1/2 cup	4 lb 8 oz	1 gal 1 cup
Salt		2 tsp		1 Tbsp 1 tsp
Trans fat-free shortening	1 lb 4 oz	3 cups	2 lb 8 oz	1 qt 2 cups
Water, cold		1 1/3 cups		2 2/3 cups
All of reserved peach liquid (from draining peaches) plus water, cold, as needed		1 qt 3 cups		3 qt 2 cups
Cornstarch	8 oz	2 cups	1 lb	1 qt
Sugar	14 oz	2 cups	1 lb 12 oz	1 qt
Orange juice concentrate		1/4 cup		1/2 cup
Ground cinnamon		2 tsp		1 Tbsp 1 tsp
Ground nutmeg (optional)		1 tsp		2 tsp
Canned cling peaches, diced, in 100% juice, drained	9 lb 12 oz	1 gal 1 1/2 cups (2 No. 10 cans)	19 lb 8 oz	2 gal 3 cups (4 No. 10 cans)

Nutrition Information

Meal Components

Fruits	1/4 cup
Grains	1 1/4 ounces

Directions

1. For pastry topping: Combine flour and salt. Mix in shortening until size of small peas.
2. Add water and mix just until dry ingredients are moistened. Cover and set aside for step 10.
3. For filling: Drain peaches, reserving syrup. Set aside for step 8.
4. Add water to peach syrup.
5. Mix cornstarch with about 1/4 of the liquid mixture.

6. Bring remaining liquid mixture to boil. Add about ½ of the sugar. Gradually add cornstarch mixture to boiling liquid. Cook, stirring constantly, until thickened. Mixture will be very thick, but will thin after steps 7 and 8.
7. Remove from heat. Blend remaining sugar and orange juice concentrate, cinnamon, and nutmeg (optional) thoroughly into mixture.
8. Add peaches to thickened mixture. Stir lightly. Do not break up fruit.
9. Pour thickened peach mixture (3 qt) into each steamtable pan (12" x 20" x 2 ½"). For 50 servings, use 2 pans. For 100 servings, use 4 pans.
10. Roll out pastry dough into rectangles (about 12" x 20") on lightly floured surface. Use about 2 lb 1 oz of dough for each pan.
11. Cover peaches with pastry. Brush with pastry brush dipped in water. Cut dough 5 x 5 (25 pieces).
12. Bake until pastry is brown and filling is bubbly:
Conventional oven: 425° F for 1 hour Convection oven: 375° F for 40 minutes
13. Cut each pan 5 x 5 (25 portions per pan).

Notes

- Variation:
 - Peach-Honey Cobbler
 - For 50 servings, follow steps 1-3. In step 4, add enough water to peach syrup to make 1 qt 2 ½ cups. Continue with step 5. In step 6, omit sugar. Add 9 ¾ oz (¾ cup 2 Tbsp) honey. In step 7, add 8 oz (1 cup 2 Tbsp) sugar. Continue with steps 8-13.
 - For 100 servings, follow steps 1-3. In step 4, add enough water to peach syrup to make 3 qt ½ cup. Continue with step 5. In step 6, omit sugar. Add 1 lb 3 ½ oz (1 ¾ cups) honey. In step 7, add 1 lb (2 ¼ cups) sugar. Continue with steps 8-13.

A new nutrient analysis will be coming. Updated July 2014. Restandardization in progress.

Peanut Butter and Banana Wrap

Makes: 1 Servings

Ingredients

- 1 whole wheat tortilla (small)
- 2 **tablespoons** peanut butter
- 1 **teaspoon** honey
- 1 **tablespoon** granola or crunchy cereal
- 1 banana

Directions

1. Lay tortilla on a plate. Mix peanut butter and honey together and spread evenly on the tortilla. Sprinkle cereal over peanut butter.
2. Peel, chop, and place banana on the tortilla and roll the tortilla.

Notes

Serving Size: 1 wrap

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	460	
Total Fat	21 g	
Protein	14 g	
Carbohydrates	58 g	
Dietary Fiber	7 g	
Saturated Fat	4 g	
Sodium	290 mg	

Peanut Butter Cookies

Makes: 50 or 100 Servings

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Enriched all-purpose flour	14 oz	3 1/4 cups	1 lb 12 oz	1 qt 2 1/2 cups
Baking soda		3/4 tsp		1 1/2 tsp
Instant nonfat dry milk	2 1/4 oz	1 cup	4 3/4 oz	2 cups
Salt		1/2 tsp		1 tsp
Margarine or butter	8 oz	1 cup	1 lb	2 cups
Peanut butter	13 1/4 oz	1 1/2 cups	1 lb 10 1/2 oz	3 cups
Sugar	10 1/2 oz	1 1/2 cups	1 lb 5 oz	3 cups
Brown sugar, packed	3 3/4 oz	1/2 cup	7 1/2 oz	1 cup
Frozen whole eggs, thawed	5 1/2 oz	2/3 cup	11 oz	1 1/4 cups
OR		OR		OR
Fresh large eggs (see Special Tip)		3 each		6 each
Vanilla		1 Tbsp		2 Tbsp
Peanut granules (optional)	4 3/4 oz	1 cup	9 1/2 oz	2 cups

Directions

1. Combine flour, baking soda, dry milk, and salt. Reserve for step 3.
2. Blend margarine or butter, peanut butter, sugar, brown sugar, eggs, and vanilla in mixer for 3 minutes on medium speed.
3. Add dry ingredients and peanut granules (optional). Blend for 30 seconds on low speed. Blend for 30 seconds on medium speed.
4. Portion with level No. 40 scoop (1 ? Tbsp) in rows of 5 across and 5 down onto each sheet pan (18" x 26" x 1"). For 50 servings, use 2 pans. For 100 servings, use 4 pans (Cookie machine may be used, but adjustments may be

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	146	
Total Fat	7.88 g	
Protein	3.59 g	
Carbohydrates	16.27 g	
Dietary Fiber	0.7 g	
Saturated Fat	1.63 g	
Sodium	132 mg	

Meal Components

Grains	1/2 ounce
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necessary).

5. Flatten cookies to approximately 2 ½ inches in diameter.

6. Bake until lightly browned: Conventional oven: 350° F for 10-12 minutes. Convection oven: 300° F for 6-8 minutes. **DO NOT OVERBAKE.**

7. Cool for 1 minute. Remove from sheet pans.

Notes

Special Tip:

- For 50 servings, use 1 ½ oz (½ cup) dried whole eggs and ½ cup water in place of eggs.
- For 100 servings, use 3 oz (1 cup) dried whole eggs and 1 cup water in place of eggs.

Peanut Butter Glaze

Makes: 50 or 100 servings

Ingredients	50 Servings		100 Servings	
	Weight	Measure	Weight	Measure
Powdered sugar	13 oz	3 3/4 cups	1 lb 10 oz	1 qt 3 1/2 cups
Peanut butter	4 oz	1/2 cup	8 oz	1 cup
Corn syrup		3 Tbsp	3 oz	1/4 cup 2 Tbsp
Lowfat 1% milk		1/2 cup		1 cup

Directions

1. Cream powdered sugar and peanut butter in a mixer with a paddle attachment for 5 minutes on medium speed.
2. Add corn syrup and lowfat milk and mix for 5 minutes on low speed until smooth.
3. Spread over slightly cooled peanut butter bars.
4. Use 1 lb 7 oz (3 cups) for each half-sheet pan (13" x 18" x 1").

Notes

A new nutrient analysis will be coming. Updated July 2014. Restandardization in progress.

Peppy Quinoa

Prep time: 15 minutes

Cook time: 1hour, 5minutes

Makes: 6 Servings

This surprisingly peppy side dish combines spicy green chilies, cilantro, and toasted pepitas with the nutty flavor of quinoa, giving this dish a Latino flair that will spice up any menu.

Ingredients

- 1/8 cup** Pepitas/Pumpkin seeds
- 1 1/4 cups** Quinoa, dry
- 3 teaspoons** Low-sodium chicken base
- 1/2 cup** Fresh onion, peeled, diced
- 1/2 cup** Canned diced green chilies
- 2 1/4 teaspoons** Fresh garlic, minced
- 1/2 cup** Fresh cilantro, chopped
- 1/2 cup** Fresh green onions, diced
- Fresh lime juice (2-4 Tbsp, optional)

Directions

1. Preheat oven to 350 °F.
2. Toast pepitas in oven for 10 minutes or until light brown and aromatic. Set aside.
3. Rinse quinoa in a fine mesh strainer until water runs clear, not cloudy. Combine quinoa, 2 ½ cups water, and chicken base in a small pot. Cover and bring to a boil. Turn heat down to low and simmer until water is completely absorbed, about 10-15 minutes. When done, quinoa will be soft and a white ring will pop out of the kernel. The white ring will appear only when it is fully cooked. Fluff with a fork. Set aside. A rice cooker may be used with the same quantity of quinoa, water, and chicken base.
4. Mix quinoa, onions, green chilies, and garlic in an 8" x 8" nonstick baking pan sprayed with nonstick cooking spray. Cover pan and bake at 350 °F for 40



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	174	
Total Fat	4 g	
Protein	6 g	
Carbohydrates	29 g	
Dietary Fiber	NA	
Saturated Fat	0.49 g	
Sodium	93 mg	

MyPlate Food Groups

Vegetables	1/4 cup
Grains	1 1/2 ounces

minutes.

5. Toss in cilantro, green onions, pepitas, and optional lime juice to taste. Serve hot.

Notes

Our Story

The recipe challenge team at Sartell Middle School featured quinoa as its key ingredient. From South America, this versatile whole grain can be prepared in many different ways. As a light and fluffy alternative to rice or couscous, children are sure to enjoy quinoa—a nutty-flavored whole grain.

The team members all had one thing in common: a passion for serving healthy food to students. The recipes they developed were based on the suggestions of the students.

While testing Peppy Quinoa, more than 300 surveys were completed. The results were overwhelmingly positive, and the team realized that they had a winning recipe in their hands. Move over pasta, quinoa is in the house!

Sartell Middle School

Sartell, Minnesota

School Team Members

School Nutrition Professional: Janice Sweeter

Chef: Paul Ruszat

Community Members: Kelly Radi (Parent) and Lori Domburg (Teacher)

Student: Bryan S.

Recipes for Healthy Kids Cookbook for Homes

Peppy Quinoa

Makes: 50 or 100 Servings

This surprisingly peppy side dish combines spicy green chilies, cilantro, and toasted pepitas with the nutty flavor of quinoa, giving this dish a Latino flair that will spice up any menu.

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Pepitas (pumpkin seeds), dried	3 3/4 oz	1 cup	7 1/2 oz	2 cups
Quinoa, dry	4 lb 2 oz	2 qt	8 lb 4 oz	1 gal
Water		1 gal 1 qt		2 gal 2 qt
Low-sodium chicken base	5 oz	1/4 cup 2 Tbsp	10 oz	3/4 cup
*Fresh onions, diced	1 lb	3 cups 2 Tbsp	2 lb	1 qt 2 1/4 cups
Canned diced green chilies	2 lb 6 oz	1 qt 2/3 cup	4 lb 12 oz	2 qt 1 1/3 cups
Fresh garlic, minced	4 oz	1/2 cup	8 oz	1 cup
Fresh cilantro, chopped	5 oz	1 qt 3 cups	10 oz	3 qt 2 cups
*Fresh green onions, diced	3 oz	1 cup	6 oz	2 cups
Fresh lime juice (optional)		1 to 2 cups		2 cups to 1 qt

Directions

1. Roast pepitas in oven until light brown and aromatic:
Conventional oven: 350 °F for 10 minutes
Convection oven: 350 °F for 7 minutes
2. Rinse quinoa in a fine mesh strainer until water runs clear, not cloudy.
3. Combine quinoa, water, and base in a covered stockpot and bring to a boil. Reduce heat and simmer until water is completely absorbed, about 10-15 minutes. When done, quinoa will be soft and a white ring will pop out of the



Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	174.7	
Total Fat	3.85 g	
Protein	6.38 g	
Carbohydrates	28.6 g	
Dietary Fiber	3.42 g	
Saturated Fat	0.49 g	
Sodium	93.07 mg	

Meal Components

Vegetables	
Other	1/8 cup
Grains	1 1/4 ounces

kernel. The white ring will appear only when it is fully cooked.

4. Lightly coat steam table pan (12" x 20" x 2 ½") with pan release spray. For 50 servings, use 2 pans. For 100 servings, use 4 pans.

5. Transfer quinoa to steam table pan.

6. Add onions, chilies, and garlic. Mix well.

7. Toss in cilantro, green onions, pepitas and optional lime juice to taste.

8. Cover pan with parchment paper and then seal with a sheet of aluminum foil.

9. Bake: Conventional oven: 350 °F for 40 minutes
Convection oven: 350 °F for 30 minutes Critical Control Point: Heat to 135 °F or higher for at least 15 seconds.

10. Hold for hot service at 135 °F or higher.

11. Portion with No. 8 scoop (1/2 cup).

Notes

Our Story

The recipe challenge team at Sartell Middle School featured quinoa as its key ingredient. From South America, this versatile whole grain can be prepared in many different ways. As a light and fluffy alternative to rice or couscous, children are sure to enjoy quinoa—a nutty-flavored whole grain.

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Sartell Middle School

Sartell, Minnesota

School Team Members

School Nutrition Professional: Janice Sweeter

Chef: Paul Ruszat

Community Members: Kelly Radi (Parent) and Lori Domburg (Teacher)

Student: Bryan S.

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Pizza Crust

Makes: 50 or 100 servings

50 Servings			100 Servings	
Ingredients	Weight	Measure	Weight	Measure
Whole wheat/enriched blend flour	3 lb 8 oz	3 qt 1 cup	7 lb	1 gal 2 1/2 qt
Salt		1 1/2 tsp		1 Tbsp
Sugar		2 Tbsp 1 tsp	2 oz	1/4 cup 2 tsp
Active dry yeast (see Special Tip)		2 Tbsp 1 1/2 tsp	2 oz	1/4 cup 1 Tbsp
Water, warm (130° F)		1 qt 1/4 cup		2 qt 1/2 cup
Vegetable oil		1/3 cup		2/3 cup
Cornmeal, whole-grain	2 1/2 oz	1/2 cup 2 Tbsp	5 oz	1 1/4 cups

Nutrition Information

Meal Components

Grains 2 ounces

Directions

1. For best results, have all ingredients and utensils at room temperature
2. Place flour, salt, sugar, and dry yeast in large mixer bowl. Mix with a dough hook for 30 seconds on low speed.
3. Combine warm water and oil. Add liquids to the dry ingredients. Mix on low speed for 6 minutes.
4. Divide and shape dough. For 50 servings, divide into 2 balls, 2 lb 6 oz each and one ball, 1 lb 3 oz. For 100 servings, divide into 5 balls, 2 lb 6 oz each. Let rest for 20 minutes.
5. Lightly coat sheet pans (18" x 26" x 1") and half-sheet pan (13" x 18" x 1") with pan release spray. For 50 servings, use 2 pans and 1 half-pan. For 100 servings, use 5 pans. Sprinkle each pan with 1 oz (3 Tbsp) cornmeal and each half-pan with (1 Tbsp 1 1/2 tsp) cornmeal.
6. Place 2 lb 6 oz dough ball in center of each pan and 1

lb 3 oz dough ball in center of half-pan. Flatten dough by rolling or spreading dough 1/2" thick to rim of pans. Keep edges thicker than center.

7. For topping, baking, and portioning directions, see Pizza With Ground Beef Topping (D-31) or Pizza With Cheese Topping (D-30). Cut each sheet pan 4 x 5 (20 pieces). Cut each half-sheet pan 2 x 5 (10 pieces).

Notes

Special Tip:

To use high-activity (instant) yeast, follow manufacturer's instructions.

A new nutrient analysis will be coming. Updated July 2014. Restandardization in progress.

Pizza with Cheese Topping

Makes: 50 or 100 servings

Ingredients	50 Servings		100 Servings	
	Weight	Measure	Weight	Measure
Pizza dough in pans (18" x 26" x 1")		2 1/2 sheet pans		5 sheet pans
*Fresh onions, chopped	5 oz	3/4 cup 2 Tbsp	10 oz	1 3/4 cups
OR	OR	OR	OR	OR
Dehydrated onions	1 oz	1/2 cup	2 oz	1 cup
Granulated garlic		2 1/2 tsp		1 Tbsp 2 tsp
Ground black or white pepper		1 tsp		2 tsp
Canned low-sodium tomato paste	1 lb 12 oz	3 cups 2 Tbsp (1/4 No. 10 can)	3 lb 8 oz	1 qt 2 1/4 cups (1/2 No. 10 can)
Water		1 qt 3 cups		3 qt 2 cups
Salt		2 tsp		1 Tbsp 1 tsp
Dried basil		2 tsp		1 Tbsp 1 tsp
Dried oregano		2 tsp		1 Tbsp 1 tsp
Dried marjoram		1/2 tsp		1 tsp
Dried thyme		1/2 tsp		1 tsp
Lite mozzarella cheese, shredded	6 lb 4 oz	1 gal 2 1/4 qt	12 lb 8 oz	3 gal 2 cups

Nutrition Information

Meal Components

Vegetables

_ Red & Orange 1/8 cup

_ Other 1/8 cup

Grains 2 ounces

Directions

1. For pizza dough, use Pizza Crust recipe (see B-14) or Pourable Pizza Crust recipe (see B-15).
2. Combine onions, granulated garlic, pepper, tomato paste, water, salt, basil, oregano, marjoram, and thyme.

Simmer for 15 minutes.

3. Sprinkle 12 oz (3 cups) shredded cheese evenly over each sheet pan. Sprinkle 6 oz (1 ½ cups) shredded cheese evenly over each half-sheet pan.

4. Spread 1 qt ¼ cup tomato mixture over cheese in each sheet pan. Spread 2 cups 2 Tbsp tomato mixture over cheese in each half-sheet pan.

5. Sprinkle 1 lb 12 oz (1 qt 3 cups) remaining shredded cheese evenly over tomato mixture in each sheet pan. Sprinkle 14 oz (3 ½ cups) shredded cheese evenly over tomato mixture in each half-sheet pan.

6. Bake until crust is lightly browned: Conventional oven: 475° F for 15-18 minutes Convection oven: 450° F for 15 minutes

7. CCP: Hold at 135° F or higher. Cut each sheet pan 4 x 5 (20 pieces per pan). Cut each half-sheet pan 2 x 5 (10 pieces per pan).

Notes

Comments:

*See Marketing Guide.

A new nutrient analysis will be coming. Updated July 2014. Restandardization in progress.

Pizza with Ground Beef Topping

Makes: 50 or 100 servings

	50 Servings		100 Servings	
Ingredients	Weight	Measure	Weight	Measure
Pizza dough in pans (18" x 26" x 1"		2 1/2 sheet pans		5 sheet pans
Raw ground beef (no more than 15% fat)	3 lb 4 oz		6 lb 8 oz	
*Fresh onions, chopped	5 oz	3/4 cup 2 Tbsp	10 oz	1 3/4 cups
OR	OR	OR	OR	OR
Dehydrated onions	1 oz	1/2 cup	2 oz	1 cup
Granulated garlic		2 1/2 tsp		1 Tbsp 2 tsp
Canned low-sodium tomato paste	1 lb 12 oz	3 cups 2 Tbs (1/4 No. 10 can)	3 lb 8 oz	1 qt 2 1/4 cups (1/2 No. 10 can)
Ground black or white pepper		1 1/2 tsp		1 Tbsp
Water		2 qt		1 gal
Salt		2 tsp		1 Tbsp 1 tsp
Dried parsley		3 Tbsp		1/4 cup 2 Tbsp
Dried basil		2 tsp		1 Tbsp 1 tsp
Dried oregano		2 tsp		1 Tbsp 1 tsp
Dried marjoram		1/2 tsp		1 tsp
Dried thyme		1/2 tsp		1 tsp
Lite mozzarella cheese, shredded	4 lb	1 gal	8 lb	2 gal

Nutrition Information

Meal Components

Vegetables

- _ Red & Orange 1/8 cup
- _ Other 1/8 cup

Grains 2 ounces

Meat / Meat Alternate 2 ounces

Directions

1. For pizza crust: Use Pizza Crust recipe (see B-14) or Pourable Pizza Crust recipe (see B-15).
2. For pizza topping: Brown ground beef. Drain. Continue immediately. Add onions and granulated garlic. Cook for 5 minutes.
3. Add tomato paste, pepper, water, salt, parsley, basil, oregano, marjoram, and thyme. Simmer for 15 minutes.
4. Sprinkle 8 ½ oz (2 cups 2 Tbsp) shredded cheese evenly over each sheet pan. Sprinkle 4 ¼ oz (1 cup 1 Tbsp) shredded cheese evenly over each half-sheet pan.
5. Spread 3 lb 5 oz (1 qt 1 cup) beef mixture over cheese in each sheet pan. Spread 1 lb 10 ½ oz (2 cups 2 Tbsp) beef mixture over cheese in each half-sheet pan.
6. Sprinkle 1 lb 1 oz (4 ¼ cups) shredded cheese evenly over topping in each sheet pan. Sprinkle 8 ½ oz (2 cups 2 Tbsp) shredded cheese evenly over topping in each half-sheet pan.
7. Bake until crust is lightly browned: Conventional oven: 475° F for 15-18 minutes Convection oven: 450° F for 15 minutes CCP: Heat to 155° F or higher for 15 seconds.

Notes

Comments:

*See Marketing Guide.

A new nutrient analysis will be coming. Updated July 2014. Restandardization in progress.

Pizzaburger on Roll

Makes: 50 or 100 servings

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Raw ground beef (no more than 20% fat)	6 lb 6 oz		12 lb 12 oz	
*Fresh onions, chopped	1 lb	2 2/3 cups	2 lb	1 qt 1 1/3 cups
OR	OR	OR	OR	OR
Dehydrated onions	3 oz	1 1/2 cups	6 oz	3 cups
Granulated garlic		2 1/4 tsp		1 Tbsp 1 1/2 tsp
Salt		1 Tbsp		2 Tbsp
Ground black or white pepper		1 tsp		2 tsp
Canned tomato paste	1 lb 12 oz	3 cups 2 Tbsp (1/4 No. 10 can)	3 lb 8 oz	1 qt 2 1/4 cups (1/2 No. 10 can)
Water		1 qt 3 1/2 cups		3 qt 3 cups
Dried basil		3 Tbsp		1/4 cup 2 Tbsp
Dried oregano		3 Tbsp		1/4 cup 2 Tbsp
Dried marjoram		2 Tbsp 1 1/2 tsp		1/4 cup 1 Tbsp
Dried thyme		1 1/2 tsp		1 Tbsp
Whole grain rich hamburger rolls (at least 1.8 oz each)		50 each		100 each
Lite mozzarella cheese, shredded	1 lb 9 oz	1 qt 2 1/4 cups	3 lb 2 oz	3 qt 1/2 cup

Nutrition Information

Meal Components

Vegetables

Red & Orange 1/8 cup

Grains 1 3/4 ounces

Meat / Meat Alternate 2 ounces

Directions

1. Brown ground beef. Drain. Continue immediately.
2. Add onions, granulated garlic, salt, pepper, tomato

paste, water, and seasonings. Mix. CCP: Heat to 155° F or higher for at least 15 seconds.

3. Place split rolls on sheet pan (18" x 26" x 1"), 25 halves per pan. For 50 servings, use 4 pans. For 100 servings, use 8 pans.

4. Portion meat mixture with No. 24 Scoop (2 ? Tbsp) onto 50 half rolls.

5. Top all half rolls with ¼ oz (1 Tbsp) shredded cheese.

6. Bake until heated through and cheese is melted:
Conventional oven: 400° F for 8 minutes Convection oven:
350° F for 6 minutes

7. CCP: Hold for hot service at 135° F or higher. Serve 2 open-faced halves (1 with meat and 1 with cheese) per serving or, if preferred serve as a closed face sandwich.

Notes

Comment:

*See Marketing Guide.

†Italian Seasoning Mix (see G-01, Sauces, Gravies, and Seasoning Mixes) may be used to replace these ingredients. For 50 servings, use ½ cup 1 Tbsp Italian Seasoning Mix. For 100 servings, use 1 cup 2 Tbsp Italian Seasoning Mix.

A new nutrient analysis will be coming. Updated July 2014. Restandardization in progress.

Porcupine Sliders

Rating: ★★

Prep time: 30 minutes

Cook time: 1hour, 20minutes

Makes: 6 Sliders

These mouth-watering turkey burgers are made with the right amount of spices and a burst of sweet cranberries and served on small whole-wheat rolls; watch children delight in the flavors

Ingredients

- 1/8 cup** Brown rice, long-grain, regular, dry
- 1 teaspoon** canola oil
- 1 1/2 tablespoons** Fresh onion, peeled, diced
- 1/4 cup** Fresh celery, diced
- 1 1/2 teaspoons** Fresh garlic, minced
- 1 pound** Raw ground turkey, lean
- 1 egg**, beaten
- 5 tablespoons** Dried cranberries, chopped
- 3/4 cup** Fresh baby spinach, chopped
- 1 teaspoon** Worcestershire sauce
- 1/2 teaspoon** salt
- 1/2 teaspoon** ground black pepper
- 1 dash** ground white pepper
- 6** Mini whole-wheat rolls (small dinner roll size, 1 oz each)

Directions

1. Preheat oven to 350 °F.



Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	247	
Total Fat	9 g	
Protein	16 g	
Carbohydrates	26 g	
Dietary Fiber	3 g	
Saturated Fat	2 g	
Sodium	366 mg	

MyPlate Food Groups

Vegetables	1/8 cup
Grains	1 ounce
Protein Foods	1 3/4 ounces

2. Combine brown rice and ½ cup water in a small pot and bring to a boil. Turn heat down to low. Cover and cook until water is absorbed, about 30-40 minutes. Fluff with a fork. Cover and refrigerate until completely cooled. A rice cooker may be used with the same quantity of brown rice and water.
3. Heat canola oil in a small skillet. Add onions, celery, and garlic. Cook over medium heat for 5 minutes or until tender. Remove from heat. Cover and refrigerate until completely cooled.
4. In a medium mixing bowl, combine turkey, egg, cranberries, spinach, Worcestershire sauce, salt, peppers, brown rice, and sautéed vegetables. Mix well. Shape into 6 patties.
5. Line a large baking sheet with parchment paper and lightly coat with nonstick cooking spray. Place patties evenly spaced on baking sheet.
6. Bake uncovered for 20-25 minutes at 350 °F to an internal temperature of 165 °F or higher for at least 15 seconds (use a food thermometer to check the internal temperature). Do not overcook. Remove from oven and serve on a mini whole-wheat roll. Serve immediately.
7. May be served with onion, lettuce, tomatoes, ketchup, and mustard.

Notes

Our Story

The South Education Center Alternative (SECA) School recipe challenge team put their heads together in the school kitchen, mixing and matching the ingredients to find the perfect blend and created the national cook-off Grand Prize winning Porcupine Sliders.

What exactly are Porcupine Sliders? They are healthy, mouth-watering turkey burgers, high in protein, with just the right amount of spices and a kick of sweet cranberries, all served on small whole-wheat rolls. The addition of brown rice to the burger mixture created a prickly look like little porcupines – thus their name.

Porcupine Sliders are a delicious, nutritious, and appetizing new way to get kids to eat healthy. The simple ingredients and easy preparation makes them a favorable choice for a

quick menu idea that kids will enjoy!

South Education Center Alternative School

Richfield, Minnesota

School Team Members

School Nutrition Professional: Wanda Nickolai

Chef: Todd Bolton (Parasole Restaurant Holdings, Inc.)

Community Members: Theresa Guthrie (Family and Consumer Science Teacher) and Mary Lair (School Nurse, Bloomington Public Health)

Students: Adilene D., Chris D., Dominic L., and Dolores P.

Porcupine Sliders

Rating: ★

Makes: 50 or 100 Servings

These mouth-watering turkey burgers are made with the right amount of spices and a burst of sweet cranberries and served on small whole-wheat rolls; watch children delight in the flavors!

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Water		3 1/2 cups		1 qt 3 cups
Brown rice, long grain, regular, dry	9 1/2 oz	1 1/2 cups	1 lb 3 oz	3 cups
Canola oil		2 Tbsp		1/4 cup
*Fresh onions, diced	6 oz	1 1/4 cups	12 oz	2 1/2 cups
*Fresh celery, diced	14 oz	3 cups	1 lb 12 oz	1 qt 2 cups
Fresh garlic, minced	2 1/2 oz	1/4 cup	5 oz	1/2 cup
Raw ground turkey, lean	6 lb 15 1/2 oz	3 qt 2 cups	13 lb 15 oz	1 gal 3 qt
Liquid, whole egg		2 1/2 cups		1 qt 1 cup
Dried cranberries, chopped	12 oz	2 1/2 cups	1 lb 8 oz	1 qt 1 cup
*Fresh baby spinach, chopped	10 oz	2 qt	1 lb 4 oz	1 gal
Worcestershire sauce		2 Tbsp		1/4 cup
Salt		1 Tbsp		2 Tbsp
Ground black pepper		1 Tbsp 1 tsp		2 Tbsp 2 tsp
Ground white pepper		1/2 tsp		1 tsp
Mini whole-grain rolls (1 oz each)		50		100



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	247	
Total Fat	9.26 g	
Protein	16.35 g	
Carbohydrates	25.53 g	
Dietary Fiber	3.14 g	
Saturated Fat	2.22 g	
Sodium	365.57 mg	

Meal Components

Grains	1 ounce
Meat / Meat Alternate	2 ounces

Directions

1. Combine water and brown rice in a stockpot and bring to a boil. Cover and cook until water is absorbed, about 30-40 minutes. Fluff. Cover and refrigerate at 40°F. Critical Control Point: Cool to 41 °F or lower within 4 hours.

2. Heat oil. Sauté onions, celery, and garlic for 5-7 minutes or until soft. Cover and refrigerate.. Critical Control Point: Cool to 41 °F or lower within 4 hours.
3. Combine turkey, eggs, cranberries, spinach, Worcestershire sauce, salt, peppers, brown rice, and onion mixture. Mix well.
4. Portion into patties using a No. 8 scoop (½ cup) onto a parchment lined sheet pan (18" x 26" x 1") lightly coated with pan release spray. For 50 servings, use 2 pans. For 100 servings, use 4 pans.
5. Bake: Conventional oven: 350 °F for 18 minutes
Convection oven: 325 °F for 14 minutes DO NOT OVERCOOK. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
6. Critical Control Point: Hold for hot service at 135 °F or higher.
7. Serve on mini whole-grain rolls.
8. If desired serve with lettuce, sliced tomato, red onions, and condiments.
9. Serve 1 slider.

Notes

Our Story

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Porcupine Sliders are a delicious, nutritious, and appetizing new way to get kids to eat healthy. The simple ingredients and easy preparation makes them a favorable choice for a

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South Education Center Alternative School

Richfield, Minnesota

School Team Members

School Nutrition Professional: Wanda Nickolai

Chef: Todd Bolton (Parasole Restaurant Holdings, Inc.)

Community Members: Theresa Guthrie (Family and Consumer Science Teacher) and Mary Lair (School Nurse, Bloomington Public Health)

Students: Adilene D., Chris D., Dominic L., and Dolores P.

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Pork Stir-Fry

Makes: 50 or 100 servings

50 Servings		100 Servings	
Ingredients	Weight	Measure	Measure
Cornstarch	4 1/2 oz	1 cup	2 cups
Water, cold		1/2 cup	1 cup
Low-sodium soy sauce		1/2 cup	1 cup
Ground ginger		1/2 tsp	1 tsp
Granulated garlic		3 Tbsp	1/4 cup 2 Tbsp
Ground black or white pepper		2 tsp	1 Tbsp 1 tsp
Low-sodium chicken stock, non-MSG		2 qt	1 gal
*Fresh carrots, peeled, 1/4" chopped	5 lb 10 oz	1 gal 1 1/2 qt	2 gal 3 qt
OR	OR	OR	OR
Frozen sliced carrots	6 lb 12 oz	1 gal 2 qt	3 gal
Vegetable oil		1/2 cup	1 cup
*Fresh onions, diced	1 lb 6 oz	3 2/3 cups	1 qt 3 1/3 cups
*Fresh broccoli, chopped	4 lb 1 oz	1 gal 3 1/4 qt	3 gal 2 1/2 qt
OR	OR	OR	OR
Frozen mixed oriental vegetables	4 lb 15 oz	2 qt	9 lb 14 oz 1 gal
Salt		2 tsp	1 Tbsp 1 tsp
Raw boneless pork shoulder or loin, cut 1/2" cubes, practically free of fat	11 lb		22 lb
Vegetable oil		1 cup	2 cups

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	242	
Total Fat	12.76 g	
Protein	20.69 g	
Carbohydrates	11.12 g	
Dietary Fiber	2.9 g	
Saturated Fat	3.16 g	
Sodium	286 mg	

Meal Components

Vegetables

- _ Dark Green 1/4 cup
- _ Red & Orange 1/4 cup

Meat / Meat Alternate 2 ounces

Directions

1. Dissolve cornstarch in water and soy sauce. Add

ginger, granulated garlic, and pepper.

2. Heat chicken stock to a boil and slowly stir in cornstarch mixture. Return to a simmer.

3. Cook for 3-5 minutes, until thickened. Remove from heat.

4. Prepare no more than 50 portions per batch. Sauté carrots in oil for 4 minutes.

5. Add onions and cook for 1 minute.

6. Add broccoli and cook for 2 more minutes. Remove to steamtable pans (12" x 20" x 2 ½"). For 50 servings, use 2 pans. Add salt. Keep warm.

7. Sauté pork cubes in oil for 3-5 minutes, until no signs of pink remain. Add pork to vegetables in steamtable pan. Add sauce and mix to coat pork and vegetables. CCP: Heat to 165° F or higher for at least 15 seconds.

8. CCP: Hold for hot service at 135° F or higher. Portion with 2 rounded No. 10 scoops (¾ cup 1 Tbsp).

Notes

Comments:

*See Marketing Guide

Special Tips:

1) For an authentic Oriental flavor, substitute ¼ cup of sesame oil for ¼ cup of vegetable oil to sauté pork, for each 50 servings.

2) Fresh vegetable mixes can be varied to include combinations of broccoli, cabbage, celery, Chinese pea pods, onions, peppers, and water chestnuts.

3) Reduce salt if using regular soy sauce.

4) If using Oriental vegetables, add frozen vegetables to sautéed pork in step 7.

A new nutrient analysis will be coming. Updated July 2014.
Restandarization in progress.

Portuguese Kale Soup

Makes: 6 Servings

Ingredients

1 cup onion, chopped
1 clove garlic, minced
1/2 cup Carrot, sliced
1 tablespoon vegetable oil
8 cups water
2 Chicken bouillon cubes
1/4 teaspoon hot pepper flakes (optional)
3 pounds Potatoes, cubed
4 cups kale, chopped
1/4 pound Turkey kielbasa sausage, sliced (low-fat)
1/4 teaspoon pepper

Directions

1. Cut onion in half. Cut ends and discard. Peel onion. Chop onion. Mince garlic. Peel and slice carrot.
2. Heat oil in large pot over medium heat. Add onion, garlic, and carrots. Cook for 10 minutes.
3. Add water, bouillon and hot pepper flakes. Cover and bring to boil.
4. Wash and peel potatoes. Cut into 1/2-inch cubes.
5. Add potatoes to boiling water. Cover and cook 10 minutes.
6. Wash kale, remove tough stems and chop finely. (A child could help tear leaves in pieces instead of chopping.) Slice sausage.
7. Add kale and sausage to soup. Cook uncovered 5 minutes.
8. Add pepper to taste. Enjoy!

Notes

Serving Size: 1 1/2 cups

Potato Salad

Makes: 50 or 100 Servings

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Potatoes, as purchased	9 lb 5 oz		18 lb 10 oz	
*Fresh celery, chopped	1 lb 2 oz	1 qt 1/4 cup	2 lb 4 oz	2 qt 1/2 cup
*Fresh onions, finely chopped	7 1/2 oz	1 1/4 cup	15 oz	2 1/2 cups
Sweet pickle relish, undrained	6 oz	2/3 cup	12 oz	1 1/3 cups
Fresh large eggs, hard-cooked, chopped (optional)		12 each		24 each
Reduced calorie salad dressing	1 lb 10 oz	3 cups	3 lb 4 oz	1 qt 2 cups
OR	OR	OR	OR	OR
Lowfat mayonnaise	1 lb 10 oz	3 cups	3 lb 4 oz	1 qt 2 cups
Salt		1 Tbsp		2 Tbsp
Ground black or white pepper		1 tsp		2 tsp
Dry mustard		1 Tbsp		2 Tbsp

Directions

1. Steam potatoes at 5-6 pounds of pressure for 30-45 minutes, or boil for 30-40 minutes. Cool, peel, and dice into 1/2" cubes.
2. Add all other ingredients. Mix lightly until well blended. Spread 5 lb 9 oz (approximately 1 gal 1/2 cup) into each shallow pan (12" x 20" x 2 1/2") to a product depth of 2" or less. For 50 servings, use 2 pans. For 100 servings, use 4 pans.
3. CCP: Cool to 41° F or lower within 4 hours. Refrigerate until ready to serve.
4. Portion with No. 6 scoop (? cup).

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	102	
Total Fat	2.9 g	
Protein	1.45 g	
Carbohydrates	17.9 g	
Dietary Fiber	1.6 g	
Saturated Fat	0.48 g	
Sodium	309 mg	

Meal Components

Vegetables	1/8 cup
_ Starchy	3/8 cup

Notes

Comments:

*See Marketing Guide.

A new nutrient analysis will be coming.

Updated July 2014. Restandardization in Progress.

Potatoes Au Gratin (Using Dehydrated Sliced Potatoes)

Makes: 50 or 100 servings

Ingredients	50 Servings		100 Servings	
	Weight	Measure	Weight	Measure
Dehydrated sliced potatoe	2 lb 1 oz	1 gal 1 qt	4 lb 2 oz	2 gal 2 qt
*Fresh onions, chopped	1 lb 3 oz	2 3/4 cups 1 Tbsp	2 lb 6 oz	1 qt 1 5/8 cups
OR	OR	OR	OR	OR
Dehydrated onions	3 3/4 oz	1 1/2 cups 2 Tbsp	7 1/2 oz	3 1/4 cups
Water		1 gal 2 1/2 qt		3 gal 1 qt
Enriched all-purpose flour	5 oz	1 cup 3 Tbsp	10 oz	2 1/4 cups 2 Tbsp
Instant nonfat dry milk	1 lb	1 qt 2 3/4 cups	2 lb	3 qt 1 1/2 cups
Salt		1 1/2 tsp		1 Tbsp
Ground black or white pepper		1 tsp		2 tsp
Reduced fat cheese blend of American and skim milk cheeses, shredded	1 lb 10 oz	1 qt 2 1/2 cups	3 lb 4 oz	3 qt 1 cup
Trans fat-free margarine, melted (optional)	4 oz	1/2 cup	8 oz	1 cup
Whole grain dry bread crumbs (optional)	12 oz	3 1/4 cups	1 lb 8 oz	1 qt 2 1/2 cups

Nutrition Information

Meal Components

Vegetables

_ Starchy	3/8 cup
_ Other	1/8 cup

Meat / Meat Alternate 1/2 ounce

Directions

1. Place 1 lb ½ oz (2 qt 2 cups) potatoes into each steamtable pan (12" x 20" x 2 ½") which has been lightly coated with pan release spray. For 50 servings, use 2 pans. For 100 servings, use 4 pans.

2. Sprinkle onions evenly over potatoes. For fresh onions, use 8 oz (1 $\frac{1}{2}$ cups) per pan. For dehydrated onions, use 1 $\frac{1}{2}$ oz ($\frac{3}{4}$ cup) per pan.
3. Heat water to rolling boil. Remove from heat.
4. Combine flour, dry milk, salt, and pepper. Add slowly to boiling water while whipping until smooth.
5. Add cheese to sauce and whip until well blended.
6. Pour 1 gal cheese sauce over each pan. Stir to combine.
7. Optional topping: Combine margarine (optional) and bread crumbs (optional). Mix to coat crumbs well. Sprinkle 8 oz (approximately 1 $\frac{1}{2}$ cups) bread crumbs evenly over each pan.
8. Bake until product is evenly golden brown on top:
Conventional oven: 350° F for 45-60 minutes. Convection oven: 300° F for 35-45 minutes. CCP: Heat to 140° F or higher.
9. CCP: Hold for hot service at 135° F or higher. Portion with No. 8 scoop ($\frac{1}{2}$ cup).

Notes

Comments:

*See Marketing Guide.

A new nutrient analysis will be coming. Updated July 2014. Restandarization in progress.

Pourable Pizza Crust

Makes: 50 or 100 servings

Ingredients	50 Servings		100 Servings	
	Weight	Measure	Weight	Measure
Active dry yeast (see Special Tip)		3 Tbsp	2 1/2 oz	1/4 cup 2 Tbsp
Whole wheat/enriched blend flour	3 lb 8 oz	3 qt 1 cup	7 lb	1 gal 2 1/2 qt
Instant nonfat dry milk	9 1/4 oz	3 3/4 cups 2 Tbsp	1 lb 2 1/2 oz	1 qt 3 3/4 cups
Sugar	5 1/4 oz	3/4 cup	10 1/2 oz	1 1/2 cups
Salt		1 1/4 tsp		2 1/2 tsp
Vegetable oil		2 Tbsp		1/4 cup
Water, warm (130° F)		2 qt		1 gal
Whole grain-rich cornmeal	2 1/2 oz	1/2 cup 2 Tbsp	5 oz	1 1/4 cups

Nutrition Information

Meal Components

Grains 2 ounces

Directions

1. Mix dry yeast, flour, dry milk, sugar, and salt together.
2. Add oil to dry mixture blend for 4 minutes on low speed.
3. Add water to dry ingredients. Blend for 10 minutes on medium speed. Batter will be lumpy.
4. For 50 servings, lightly coat 2 sheet pans (18" x 26" x 1") and 1 half-sheet pan (13" x 18" x 1") with pan release spray. For 100 servings, lightly coat 5 sheet pans (18" x 26" x 1") with pan release spray. Sprinkle each full sheet pan with 1 oz (approximately ¼ cup) cornmeal and sprinkle each half-sheet pan with ½ oz (approximately 2 Tbsp) cornmeal.
5. Pour or spread 3 lb 7 oz (2 qt 1 cup) batter into each sheet pan and 1 lb 11 ½ oz (1 qt ½ cup) into each half-sheet pan. Let stand for 20 minutes.
6. Prebake until crust is set: Conventional oven: 475° F for

10 minutes Convection oven: 425° F for 7 minutes

7. Top each prebaked crust with desired topping or use Pizza With Ground Beef Topping (D-31), or Pizza With Cheese Topping (D-30).

8. Bake until heated through and cheese is melted:
Conventional oven: 475° F for 10-15 minutes Convection oven: 425° F for 5 minutes

9. Portion by cutting each sheet pan 4 x 5 (20 pieces per pan). Portion by cutting each half-sheet pan 2 x 5 (10 pieces per pan).

Notes

Special Tip:

To use high-activity (instant) yeast, follow manufacturer's instructions.

A new nutrient analysis will be coming. Updated July 2014. Restandarization in progress.

Preparing Instant Mashed Potatoes

Makes: 50 or 100 servings

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Water, boiling		1 gal 2 cups		2 gal 1 qt
Instant nonfat dry milk, reconstituted, warm		1 qt 2 cups		3 qt
Potato flakes	2 lb 1 oz		4 lb 2 oz	
Margarine or butter	6 oz	3/4 cup	12 oz	1 1/2 cups
Salt		1 Tbsp		2 Tbsp
Water, boiling		3 qt 2 cups		1 gal 3 qt
Instant nonfat dry milk, reconstituted, warm		1 qt 3/4 cup		2 qt 1 1/2 cups
Potato granules	2 lb 1 oz		4 lb 2 oz	
Margarine or butter	6 oz	3/4 cup	12 oz	1 1/2 cups
Salt		1 Tbsp		2 Tbsp

Directions

1. Pour water and milk into large bowl.
2. Add instant potato flakes, margarine or butter, and salt
3. Stir ½ minute to moisten potatoes. Stir an additional ½ minute to fluff. Avoid over mixing. (Use of mixer is not recommended.)
4. Pour approximately 1 gal 2 qt into steamtable pan (12" x 20" x 2 ½"). For 50 servings, use 1 pan. For 100 servings, use 2 pans.
5. CCP: Hold for hot service at 135° F or higher. Portion with No. 8 scoop (½ cup).
6. Pour water and milk into mixer bowl.
7. Add instant potato granules, margarine or butter, and

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	101	
Total Fat	2.83 g	
Protein	2.67 g	
Carbohydrates	16.77 g	
Dietary Fiber	1.3 g	
Saturated Fat	0.59 g	
Sodium	210 mg	

Meal Components

Vegetables	1/2 cup
------------	---------

salt

8. Mix ½ minute to moisten potatoes. Beat an additional 1 minute until fluffy. (Use of mixer is recommended.)

9. Pour approximately 1 gal 2 qt into steamtable pan (12" x 20" x 2 ½"). For 50 servings, use 1 pan. For 100 servings, use 2 pans.

10. CCP: Hold for hot service at 135° F or higher. Portion with No. 8 scoop (½ cup).

Notes

Special Tip:

Since the starch content of potatoes can differ, adjustment of the liquid may be necessary. Increase or decrease the quantity of liquid as needed for a fluffy product.

Purple Power Bean Wrap

Prep time: 20 minutes

Cook time: 20 minutes

Makes: 6 Wraps

Rolled up in a whole-wheat tortilla are avocado, white beans, lettuce, and shredded purple cabbage that pack a powerful purple punch in this delicious vegetarian wrap.

Ingredients

- 1 teaspoon** lemon zest (make zest from juiced lemon)
- 2 tablespoons** fresh lemon, juiced
- 2 cups** Canned low-sodium great northern beans, drained, rinsed
- 1/2 cup** Fresh avocado, peeled, pitted, puréed
- 1 tablespoon** Fresh garlic, minced
- 2 1/4 teaspoons** extra virgin olive oil
- 1/3 teaspoon** chili powder
- 1/2 teaspoon** salt
- 1 1/2 cups** Fresh purple cabbage, finely shredded
- 6** Whole-wheat tortillas, 10"
- 3 cups** Fresh romaine lettuce, shredded

Directions

1. Grate lemon rind on hand-held grater or citrus zester to make zest. Juice lemons. Set aside.
2. Purée beans in a food processor or a blender until smooth. Put into a large mixing bowl and set aside.
3. Purée avocado, lemon juice, lemon zest, garlic, olive oil, chili powder, and salt until smooth. Mix into pureed beans. Add shredded cabbage. Mix well.
4. You may cover and refrigerate at 40 °F for no more than 2 hours to avoid browning of avocado.



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	274	
Total Fat	10 g	
Protein	8 g	
Carbohydrates	38 g	
Dietary Fiber	8 g	
Saturated Fat	0.77 g	
Sodium	424 mg	

MyPlate Food Groups

Vegetables	1/2 cup
Grains	2 ounces
Protein Foods	1 ounce

5. For each wrap, place 1/3 cup of bean filling on the bottom half of tortilla. Top with ½ cup of lettuce. Roll in the form of a burrito. Cut diagonally. Serve immediately

Notes

Our Story

Newman Elementary School is the largest elementary school in the Needham Public School District. It serves over 700 students in preschool through the 5th grade, offering an engaging and supportive learning environment to all of the students.

The recipe competition was a great opportunity for the students to play a major role in sustaining a healthy school environment. Six students were able to participate on the recipe challenge team, which worked for several weeks trying different recipes that combined puréed beans with a variety of different ingredients.

The team eventually decided that avocado and purple cabbage yielded the best color and flavor combination. Their end result was an entrée called Purple Power Bean Wrap—a delicious, nutritious, and really cool vegetarian meal. It is sure to surprise and delight your children!

Newman Elementary School

Needham, Massachusetts

School Team Members

School Nutrition Professional: Steve Farrell

Chef: Sue Findlay

Community Members: Kim Benner (Parent) and Anne Hayek (Parent)

Students: James B., John B., Maeve B., Sophie F-W., Becca S., and Chloé M.

1 wrap (two halves) provides:

Legume as Meat Alternate: 1 oz equivalent meat alternate, ¼ cup dark green vegetable, ¼ cup other vegetable, and 1 ¾ oz equivalent grains.

OR

Legume as Vegetable: ¼ cup legume vegetable, ¼ cup dark green vegetable, ¼ cup other vegetable, and 1 ¾ oz equivalent grains.

Legume vegetable can be counted as either a meat alternate or as a legume vegetable but not as both simultaneously.

½ wrap (one half) provides:

Legume as Meat Alternate: ½ oz equivalent meat alternate, 1/8 cup dark green vegetable, 1/8 cup other vegetable, and ¾ oz equivalent grains.

OR

Legume as Vegetable: 1/8 cup legume vegetable, 1/8 cup dark green vegetable, 1/8 cup other vegetable, and ¾ oz equivalent grains.

Legume vegetable can be counted as either a meat alternate or as a legume vegetable but not as both simultaneously.

Recipes for Healthy Kids Cookbook for Homes

Purple Power Bean Wrap

Makes: 50 or 100 Servings

Rollled up in a whole-wheat tortilla are avocado, white beans, lettuce, and shredded purple cabbage that pack a powerful purple punch in this delicious vegetarian wrap.

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Canned low-sodium great northern beans, drained, rinsed	6 lb	2 qt 3 1/3 cups (1 1/3 No. 10 cans)	12 lb	1 gal 1 3/4 qt (2 2/3 No. 10 cans)
OR	OR	OR	OR	OR
*Dry great northern beans, cooked (See Notes Section)	6 lb	2 qt 3 1/3 cups	12 lb	1 gal 1 3/4 qt
*Fresh avocados, peeled, seeded	2 lb 12 oz	About 6	5 lb 8 oz	About 12
*Fresh lemons, zested then juiced	About 6	2 Tbsp zest 1 cup juice	About 12	1/4 cup zest 2 cups juice
Fresh garlic cloves, minced		1/2 cup		1 cup
Extra virgin olive oil		1/4 cup 2 Tbsp		3/4 cup
Chili powder		1 Tbsp		2 Tbsp
Salt		1 1/2 Tbsp		3 Tbsp
*Fresh purple cabbage, finely shredded	2 lb 4 oz	2 qt 2 cups	4 lb 8 oz	1 gal 1 qt
Whole-wheat tortillas, 10" (1.8 oz each)		50		100
*Fresh romaine lettuce, shredded	3 lb 4 oz	1 gal 2 1/2 qt	6 lb 8 oz	3 gal 1 qt

Directions

1. Puree beans in food processor to a smooth consistency. Set aside.



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	274.4	
Total Fat	9.53 g	
Protein	7.62 g	
Carbohydrates	37.91 g	
Dietary Fiber	8.36 g	
Saturated Fat	0.77 g	
Sodium	424.25 mg	

Meal Components

Vegetables	
_ Dark Green	1/4 cup
_ Other	3/8 cup
Grains	1 3/4 ounces
Meat / Meat Alternate	1/2 ounce

2. Puree avocado, lemon zest and juice, garlic, oil, chili powder, and salt to a smooth consistency. Mix in pureed beans.
3. Combine shredded cabbage with bean mixture. Cover and refrigerate at 40 °F for no more than 2 hours to avoid avocado oxidizing and turning brown.
4. Using a No.10 scoop (3/4 cup) spread filling on bottom half of tortilla.
5. Add ½ cup of lettuce and roll in the form of a burrito and seal.
6. Cut diagonally in half.
7. Critical Control Point: Hold for cold service at 41 °F or lower.
8. Portion 1 wrap (two halves).

Notes

Our Story

Newman Elementary School is the largest elementary school in the Needham Public School District. It serves over 700 students in preschool through the 5th grade, offering an engaging and supportive learning environment to all of the students.

The recipe competition was a great opportunity for the students to play a major role in sustaining a healthy school environment. Six students were able to participate on the recipe challenge team, which worked for several weeks trying different recipes that combined puréed beans with a variety of different ingredients.

The team eventually decided that avocado and purple cabbage yielded the best color and flavor combination. Their end result was an entrée called Purple Power Bean Wrap—a delicious, nutritious, and really cool vegetarian meal. It is sure to surprise and delight your children!

Newman Elementary School

Needham, Massachusetts

School Team Members

School Nutrition Professional: Steve Farrell

Chef: Sue Findlay

Community Members: Kim Benner (Parent) and Anne Hayek (Parent)

Students: James B., John B., Maeve B., Sophie F-W., Becca S., and Chloé M.

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

Avocados vary in size according to the season. Please measure this product by weight and not by produce amounts.

Special tip for preparing dry beans:

SOAKING BEANS

OVERNIGHT METHOD: Add 1 $\frac{3}{4}$ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.

QUICK-SOAK METHOD: Boil 1 $\frac{3}{4}$ qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with recipe.

COOKING BEANS

Once the beans have been soaked, add 1 $\frac{3}{4}$ qt water for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours.

Use hot beans immediately.

Critical Control Point: Hold for hot service at 135 °F or higher.

OR

Chill for later use.

Critical Control Point: Cool to 70 °F within 2 hours and to 40 °F or lower within an additional 4 hours.

1 lb dry great northern beans = about 2 $\frac{1}{2}$ cups dry or 6 $\frac{1}{4}$ cups cooked beans.

1 wrap (two halves) provides:

Legume as Meat Alternate: 1/2 oz equivalent meat alternate, 1/4 cup dark green vegetable, 3/8 cup other vegetable, and 1 $\frac{3}{4}$ oz equivalent grains.

OR

Legume as Vegetable: 1/8 cup legume vegetable, 1/4 cup dark green vegetable, 3/8 cup other vegetable, and 1 3/4 oz equivalent grains.

1/2 wrap (one half) provides:

Legume as Vegetable: 1/8 cup dark green vegetable, 1/4 cup other vegetable, and 3/4 oz equivalent grains.

Legume vegetable can be counted as either a meat alternate or as a legume vegetable but not as both simultaneously.

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Quiche with Self-Forming Crust

Makes: 50 or 100 servings

Ingredients	50 Servings		100 Servings	
	Weight	Measure	Weight	Measure
Low-fat cheese blend of American and skim milk cheeses, shredded	1 lb 10 oz	1 qt 2 1/2 cups	3 lb 4 oz	3 qt 1 cup
Frozen whole eggs, thawed	4 lb 11 oz	2 qt 1 cup	9 lb 6 oz	1 gal 1 2/3 cup
OR Fresh large eggs (see Special Tip)		OR 43 each		OR 85 each
Instant nonfat dry milk, reconstituted		3 qt		1 gal 2 qt
Whole wheat/enriched blend flour	14 oz	3 1/4 cups	1 lb 12 oz	1 qt 2 1/2 cups
baking powder		1/2 tsp		1 tsp
Salt		1 Tbsp		2 Tbsp
Ground black or white pepper		1 tsp		2 tsp
Ground nutmeg (optional)		1/2 tsp		1 tsp
*Fresh onions, chopped	12 oz	2 cups	1 lb 8 oz	1 qt
OR Dehydrated onions	OR 2 1/4 oz	OR 1 cup 2 Tbsp	OR 4 1/2 oz	OR 2 1/4 cups
Low-fat cheese blend of American and skim milk cheeses, shredded (optional)	11 oz	2 3/4 cups	1 lb 6 oz	1 qt 1 1/2 cups

Nutrition Information

Meal Components

Grains	1/4 ounce
Meat / Meat Alternate	2 ounces

Directions

1. Sprinkle 13 oz (3 ¼ cups) cheese into each steamtable pan (12" x 20" x 2 ½") which has been lightly coated with pan release spray. For 50 servings, use 2 pans. For 100

servings, use 4 pans.

2. Beat eggs in mixer for 2 minutes on medium speed.
3. Add milk, flour, baking powder, salt, pepper, nutmeg (optional), and onions. Mix for 4 minutes on low speed.
4. Slowly pour 3 lb 14 oz (2 qt 3 cups) mixture evenly over cheese in each pan. Sprinkle 5 ½ oz (1 ¼ cups 2 Tbsp) cheese (optional) over liquid mixture in each pan.
5. Bake: Conventional oven: 400° F for 50-60 minutes
Convection oven: 350° F for 25-35 minutes Stir lightly twice during first half of baking time. CCP: Heat to at least 145° F for 3 minutes. A knife inserted near center should come out clean. Surface will be lightly browned and puffy.
6. CCP: Hold for hot service at 135° F or higher. Cut each pan 5 x 5 (25 portions per pan).

Notes

Comments:

*See Marketing Guide.

Special Tip:

50 servings: Use 1 lb 5 ½ oz (1 qt 3 ¼ cups) dried whole eggs and 1 qt 3 ¼ cups water in place of eggs.

100 servings: Use 2 lb 10 oz (3 qt 2 ¼ cups) dried whole eggs and 3 qt 2 ¼ cups water in place of eggs.

A new nutrient analysis will be coming. Updated July 2014. Restandardization in progress.

Quick Baked Potatoes

Makes: 50 or 100 servings

	50 Servings		100 Servings	
Ingredients	Weight	Measure	Weight	Measure
Fresh white or russet potatoes, 80 count	15 lb 10 oz	25 each	31 lb 4 oz	50 each
Granulated garlic		1/2 tsp		1 tsp
Celery salt		1/2 tsp		1 tsp
Ground black or white pepper		1 tsp		2 tsp
Paprika		1 Tbsp 1 tsp		2 Tbsp 2 tsp
Salt		1 tsp		2 tsp
Vegetable oil		1/2 cup		1 cup

Directions

1. Wash potatoes and cut in half lengthwise, skin on.
2. Mix granulated garlic, celery salt, pepper, paprika, and salt. Place in spice shaker.
3. Spread 2 Tbsp (1 oz) of oil in each steamtable pan (12" x 20" x 2 ½"). For 50 servings, use 4 pans. For 100 servings, use 8 pans.
4. Place 13 potato halves in each pan, cut-side down, to lightly coat potato surface with oil. Turn cut-side up.
5. Sprinkle spice mixture over potatoes.
6. Turn potatoes cut-side down for browning.
7. Bake: Conventional oven: 450° F for 25-30 minutes
Convection oven: 425° F for 20-25 minutes Bake until the surface is golden-brown. CCP not needed.
8. CCP: Hold at 140° F or warmer. Portion ½ potato.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	128	
Total Fat	2.35 g	
Protein	2.94 g	
Carbohydrates	24.72 g	
Dietary Fiber	2.6 g	
Saturated Fat	0.35 g	
Sodium	58 mg	

Meal Components

Vegetables	1/2 cup
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Rainbow Rice

Rating: ★★★★★

Prep time: 15 minutes

Cook time: 1 hour, 0 minutes

Makes: 6 Servings

This delicious combination of five different whole grains, three vegetables, and chicken makes for a tasty entrée on any menu.

Ingredients

- 1/2 cup** Brown rice, long-grain, regular, dry
- 3 tablespoons** Brown and wild rice blend, dry
- 1/2 cup** Barley, quick pearl, dry
- 2 teaspoons** Low-sodium chicken base
- 2 tablespoons** Quinoa, dry
- 1/4 cup** Bulgur wheat, dry
- 1 cup** Fresh carrots, peeled, diced
- 1 cup** Fresh red bell peppers, seeded, diced
- 1 teaspoon** extra virgin olive oil
- 1/4 teaspoon** Kosher salt
- 3 1/2 cups** Cooked diced chicken, 1/2" pieces (12 oz)
- 1 1/2 cups** Fresh baby spinach, chopped

Directions

1. Preheat oven to 350 °F.
2. In a medium pot, combine brown rice, wild rice blend, barley, and 1 tsp chicken base with 1 ¼ cups water.
3. Rinse quinoa in a fine mesh strainer until water runs clear, not cloudy. In a small pot, combine quinoa and bulgur wheat with ¾ cup water and remaining 1 tsp chicken base.



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	232	
Total Fat	4 g	
Protein	22 g	
Carbohydrates	28 g	
Dietary Fiber	5 g	
Saturated Fat	1 g	
Sodium	159 mg	

MyPlate Food Groups

Vegetables	1/4 cup
Grains	1 ounce
Protein Foods	2 ounces

4. Bring both uncovered pots to a rolling boil. Stir occasionally. Turn heat down and simmer over low heat until water is absorbed, about 30 minutes. Cover and cook an additional 10 minutes over low heat. Fluff with a fork.
5. In a large mixing bowl, combine carrots and red peppers. Drizzle with olive oil and sprinkle with salt. Toss lightly. Pour into a large nonstick baking pan. Roast at 350 °F for 20 minutes or until tender.
6. Combine cooked grains, chicken, and spinach with roasted vegetables. Mix well. Return to oven and bake for 15 minutes to an internal temperature of 165 °F or higher for at least 15 seconds (use a food thermometer to check the internal temperature). Serve hot.

Notes

Our Story

Highland Elementary School is a dynamic and exciting place to work or to go to school. The recipe challenge team assembled and worked hard to create a recipe that was an instant smash hit. Rainbow Rice received great reviews during taste tests at the school. Rainbow Rice is exactly that – a colorful rainbow of healthy vegetables, wholesome grains, and protein.

Rainbow rice is certainly a wonderful way to introduce children to a variety of grains that they are sure to enjoy: brown rice, wild rice, barley, quinoa, and bulgur wheat. The team believes that once you have tasted “Rainbow Rice”, you will feel like you’ve gone over the rainbow! Packed with whole grains and colorful vegetables, this recipe is a sure winner for those wanting a healthy dish without sacrificing taste.

Highland Elementary School

Cheshire, Connecticut

School Team Members

School Nutrition Professional: Susan Zentek

Chef: Patricia D'Alessio (Personal Chef, LLC)

Community Members: Rebecca Frost (Teacher) and Katie Guerette (Teacher)

Students: Luke E., Randi C., Shane C., Maya G., and Jami P.

Recipes for Healthy Kids Cookbook for Homes

Rainbow Rice

Makes: 50 or 100 Servings

This delicious combination of five different whole grains, three vegetables, and chicken makes for a tasty entrée on any menu.

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Brown rice, long-grain, regular, dry	1 lb 4 oz	3 cups	2 lb 8 oz	1 qt 2 cups
Brown and wild rice blend, dry	10 oz	1 1/2 cups	1 lb 4 oz	3 cups
Barley, quick pearl, dry	13 1/2 oz	1 qt	1 lb 11 oz	2 qt
Quinoa, dry	6 1/2 oz	1 cup	13 oz	2 cups
Bulgur wheat, dry	10 oz	2 cups	1 lb 3 1/2 oz	1 qt
Low-sodium chicken base	2 1/2 oz	1/4 cup 2 tsp	5 oz	1/2 cup 1 1/3 Tbsp
*Fresh carrots, diced	2 lb 8 oz	2 qt	5 lb	1 gal
*Fresh red bell pepper, diced	2 lb 11 oz	6 1/2 cups	5 lb 6 oz	3 qt 1 cup
Extra virgin olive oil		2 Tbsp 2 tsp		4 Tbsp 4 tsp
Kosher salt		2 tsp		1 Tbsp 1 tsp
Frozen, cooked diced chicken, thawed, 1/2" pieces	7 lb	1 gal 3 qt	14 lb	3 gal 2 qt
*Fresh baby spinach, chopped	1 lb 4 oz	2 qt	2 lb 8 oz	1 gal

Directions

1. Combine brown rice, brown and wild rice blend, barley, water, and base in stockpot. For 50 servings, add 2 1/2 qt water and 2 Tbsp 2 tsp base. For 100 servings, add 1 gal 1 qt water and 1 cup base. Reserve remaining base for step 4.
2. Heat to a rolling boil. Cook until water is absorbed,



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	232.21	
Total Fat	4.15 g	
Protein	22.22 g	
Carbohydrates	28.16 g	
Dietary Fiber	4.5 g	
Saturated Fat	1.01 g	
Sodium	159.37 mg	

Meal Components

Vegetables

_ Red & Orange	1/8 cup
_ Other	1/8 cup

Grains 1 ounce

Meat / Meat Alternate 2 ounces

about 30-40 minutes. Stir once. Cover and cook an additional 10 minutes over low heat. Fluff. Critical Control Point: Hold at 135 °F or higher.

3. Rinse quinoa in a fine mesh strainer until water runs clear, not cloudy.
4. Combine quinoa, bulgur wheat, water, and remaining base in a stockpot. For 50 servings, add 1 qt 2 cups water and 2 Tbsp base. For 100 servings, add 3 qt water and ¼ cup base. Bring to a boil. Reduce heat to low and stir occasionally. Simmer until water is completely absorbed, about 15 minutes. Note: When done, quinoa will be soft and a white ring will pop out of the kernel. The white ring will only appear when it is fully cooked. Critical Control Point: Hold at 135 °F or higher.
5. Combine carrots, red peppers, oil, and salt. Toss to coat.
6. Lightly coat steam table pan (12" x 20" x 2 ½") with pan release spray. Transfer vegetables to steamtable pan. For 50 servings, use 2 pans. For 100 servings, use 4 pans.
7. Roast: Conventional oven: 375 °F 10 minutes
Convection oven: 350 °F for 10 minutes
8. Fold in rice/barley combination, quinoa/bulgur combination, chicken, and spinach. Return to oven and bake for 10 minutes. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
9. Critical Control Point: Hold for hot service at 135 °F or higher.
10. Portion with 8 fl oz spoodle (1 cup).

Notes

Our Story

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Rainbow rice is certainly a wonderful way to introduce children to a variety of grains that they are sure to enjoy: brown rice, wild rice, barley, quinoa, and bulgur wheat. The team believes that once you have tasted “Rainbow Rice”, you will feel like you’ve gone over the rainbow! Packed with whole grains and colorful vegetables, this recipe is a sure winner for those wanting a healthy dish without sacrificing taste.

Highland Elementary School

Cheshire, Connecticut

School Team Members

School Nutrition Professional: Susan Zentek

Chef: Patricia D'Alessio (Personal Chef, LLC)

Community Members: Rebecca Frost (Teacher)
and Katie Guerette (Teacher)

Students: Luke E., Randi C., Shane C., Maya G., and
Jami P.

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Ranch Dressing

Makes: 50 or 100 servings

50 Servings			100 Servings	
Ingredients	Weight	Measure	Weight	Measure
Buttermilk		3 1/2 cups		1 qt 2 1/2 cups
Lemon juice		1 Tbsp 1 tsp		2 Tbsp 2 tsp
Lowfat plain yogurt	10 oz	1 1/4 cups	1 lb 4 oz	2 1/2 cups
Light sour cream	4 oz	1/2 cup	8 oz	1 cup
Reduced calorie salad dressing	13 oz	1 2/3 cups	1 lb 10 oz	3 1/3 cups
OR	OR	OR	OR	OR
Lowfat mayonnaise	13 oz	1 2/3 cups	1 lb 10 oz	3 1/3 cups
Onion powder		2 Tbsp		1/4 cup
Granulated garlic		2 Tbsp		1/4 cup
Ground black or white pepper		1/2 tsp		1 tsp
Dried chives		1 tsp		2 tsp
Dried parsley		1 Tbsp		2 Tbsp
Salt		2 tsp		1 Tbsp 1 tsp

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	35	
Total Fat	1.88 g	
Protein	1.05 g	
Carbohydrates	3.5 g	
Dietary Fiber	0.1 g	
Saturated Fat	0.52 g	
Sodium	181 mg	

Directions

1. Combine buttermilk and lemon juice in a mixing bowl. Allow mixture to rest for 10 minutes.
2. Using a paddle attachment, blend in the yogurt and sour cream. Let mixture rest for 5 more minutes.
3. Add rest of ingredients to mixture in mixing bowl. Mix for 2-3 minutes on low speed until blended.
4. Chill at least 12 hours before serving to allow to thicken. Refrigerate until service.

Notes

Special Tip:

Add an additional 8 oz of reduced calorie salad dressing or lowfat mayonnaise per 50 servings for an excellent vegetable dip.

Updated July 2014

Red Cedar Stew

Makes: 6 Servings

Ingredients

1 whole chicken (cooked, deboned, and shredded)
1/4 cup olive oil
1 cup Boniato
6 cups Southern holy trinity (equal parts celery, tri-colored bell peppers and onion)
2 cups carrots, chopped
2 cups fresh spinach (not frozen)
1/4 cup lime juice
4 ears of fresh sweet corn (husked and quartered)
6 cups low sodium chicken broth
1 bunch cilantro
2 cups peel potatoes
2 cans canned diced tomatoes (low sodium)
1 bay leaf
1 cup Calabazza, cubed

Directions

1. Heat the oil in a heavy 5 1/2-quart saucepan over medium heat. Add the Southern Holy Trinity and carrots. Sauté the vegetables until the onions are translucent, about 5 minutes.
2. Add garlic, cilantro, and broth. Bring to a simmer.
3. Add white potatoes, boniato (sweet potatoes), and corn. Simmer for 10 minutes.
4. Add all remaining ingredients. Simmer additional five minutes.
5. Remove bay leaf before serving. Serve with any accompaniment. Such as over rice, with cornbread, with any type of bread, or just enjoy as is.



Refried Beans

Makes: 50 or 100 servings

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Low-sodium canned pinto beans (undrained)	13 lb 6 oz	2 gal (2 1/3 No. 10 cans)	26 lb 12 oz	4 gal (4 2/3 No. 10 cans)
OR	OR	OR	OR	OR
*Cooked dry pinto beans, drained (see Special Tip)	10 lb	1 gal 2 qt	20 lb	3 gal
Low-sodium chicken or bean stock, non-MSG		1 cup		2 cups
Vegetable oil		1/2 cup		1 cup
Chili powder		2 Tbsp		1/4 cup
Ground cumin		1 Tbsp 1 1/2 tsp		3 Tbsp
Paprika		1 1/2 tsp		1 Tbsp
Onion powder		1 1/2 tsp		1 Tbsp
Reduced fat cheddar cheese, shredded	14 oz	3 1/2 cups	1 lb 12 oz	1 qt 3 cups

Nutrition Information

Meal Components

Meat / Meat Alternate 1 3/4 ounces

Directions

1. Heat canned pinto beans. Drain
2. Place beans, stock, oil, and seasonings (optional) in mixer. Blend for 3-5 minutes on medium speed until smooth or to desired consistency.
3. Pour 10 lb 8 oz (approximately 3 qt 2 cups) mixture into each steamtable pan (12" x 20" x 2 1/2") which has been lightly coated with pan release spray. For 50 servings, use 1 pan. For 100 servings, use 2 pans.
4. Bake: Conventional oven: 350° F for 30 minutes. Convection oven: 300° F for 20 minutes. CCP: Heat to 140° F or higher. OR If using previously cooked and chilled beans or stock: CCP: Heat to 165° F or higher for at least

15 seconds.

5. Sprinkle 14 oz (3 ½ cups) cheese over each pan.
6. CCP: Hold for hot service at 135° F or higher. Portion with No. 12 scoop (¾ cup).

Notes

Comments:

*See Marketing Guide.

†Mexican Seasoning Mix (see G-01A, Sauces, Gravies, and Seasoning Mixes) maybe used to replace these ingredients. For 50 servings, use ¼ cup 1 ½ tsp Mexican Seasoning Mix. For 100 servings, use ½ cup 1 Tbsp Mexican Seasoning Mix.

Special Tip:

SOAKING BEANS

Overnight method: Add 1 ¾ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.

Quick-soak method: Boil 1 ¾ qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with recipe.

COOKING BEANS

Once the beans have been soaked, add ½ tsp salt for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours.

Use hot beans immediately.

CCP: Hold for hot service at 135° F.

OR

Chill for later use. If chilling:

CCP: Cool to 70° F within 2 hours and to 41° F or lower within an additional 4 hours.

1 lb dry pinto beans = about 2 ¾ cups dry or 5 ¼ cups cooked pinto beans.

A new nutrient analysis will be coming. Updated July 2014. Restandardization in progress.

Rice Pudding

Makes: 50 or 100 Servings

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Instant nonfat dry milk, reconstituted		3 qt		1 gal 2 qt
Cornstarch	4 1/2 oz	1 cup	9 oz	2 cups
Sugar	10 1/2 oz	1 1/2 cups	1 lb 5 oz	3 cups
Salt		1 tsp		2 tsp
Frozen whole eggs, thawed	14 oz	1 2/3 cups	1 lb 12 oz	3 1/3 cups
OR		OR		OR
Fresh large eggs (see Special Tip)		8 each		16 each
Ground nutmeg (optional)		1/2 tsp		1 tsp
Ground cinnamon		1/2 tsp		1 tsp
*Cooked brown rice	2 lb 11 oz	1 qt 2 3/4 cups	5 lb 6 oz	3 qt 1 1/2 cup
Raisins (optional)	10 oz	2 cups	1 lb 4 oz	1 qt

Nutrition Information

Meal Components

Grains 1/4 ounce

Directions

1. Combine milk, cornstarch, sugar, salt, eggs, nutmeg (optional), and cinnamon. Stir until smooth.
2. Cook over medium heat, stirring frequently, for 20-30 minutes until mixture begins to thicken and just boils.
3. Pour rice mixture in to serving pans. Cover with plastic wrap to prevent the formation of surface film. Serve HOT.
OR CCP: Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an additional 4 hours. Refrigerate until served.
4. Portion with No. 16 scoop (1/4 cup). If desired, sprinkle with ground cinnamon.

Notes

Comments:

*See Marketing Guide.

Special Tip:

For 50 servings, use 4 oz (1 ½ cups) dried whole eggs and 1 ½ cups water in place of eggs.

For 100 servings, use 8 oz (2 ½ cups) dried whole eggs and 2 ½ cups water in place of eggs.

A new nutrient analysis will be coming. Updated July 2014. Restandardization in progress.

Rice-Vegetable Casserole

Makes: 50 or 100 servings

Ingredients	50 Servings		100 Servings	
	Weight	Measure	Weight	Measure
Brown rice, long grain, regular	2 lb 8 oz	1 qt 2 cups	5 lb	3 qt
OR	OR	OR	OR	OR
Brown rice, long grain, parboiled	2 lb 11 oz	1 qt 2 3/4 cups	5 lb 6 oz	3 qt 1 1/2 cups
Chicken stock, non-MSG		2 qt 1 cup		1 gal 2 cups
Vegetable oil		1/4 cup		1/2 cup
*Fresh carrots, diced	1 lb 4 oz	1 qt 3/4 cup	2 lb 8 oz	2 qt 1 1/2 cups
Frozen peas	1 lb 4 oz	3 1/4 cups	2 lb 8 oz	1 qt 2 1/2 cups
Ground black or white pepper		1/2 tsp		1 tsp

Nutrition Information

Meal Components

Grains 3/4 ounce

Directions

- Put 2 lb 8 oz regular rice or 2 lb 11 oz parboiled rice into steamtable pan (12" x 20 " x 2 ½ "). For 50 servings, use 1 pan. For 100 servings, use 2 pans. Cover with foil or a metal lid. Steam for 20 minutes.
- Add 2 qt 1 cup chicken stock per pan.
- In a sauce pan, sauté carrots and peas in oil over low heat, about 5 minutes.
- Add ½ tsp pepper and 1 qt 3 cups (2 lb 8 oz) of cooked vegetables to each pan of hot rice. Stir to combine thoroughly. CCP: Heat to 165° F or higher for at least 15 seconds.
- CCP: Hold for hot service at 135° F or higher. Portion with No. 6 scoop (? cup).

Notes

Comments:

*See Marketing Guide.

A new nutrient analysis will be coming. Updated July 2014. Restandardization in progress.

Roasted Fish Crispy Slaw Wrap

Rating: ★★★★★

Prep time: 50 minutes

Cook time: 12 minutes

Makes: 6 Wraps

A combination of colors and textures that overflows with fresh vegetables, spicy fish, and a burst of citrus, all contained in a whole-wheat tortilla, with fresh avocado.

Ingredients

- 2 1/2 cups** Fresh red cabbage, shredded
- 2 cups** Fresh white cabbage, shredded
- 1 1/2 cups** Fresh carrots, peeled, shredded
- 1 cup** Fresh bok choy, julienne cut "shoestring strips" 1/8"
- 2 tablespoons** Fresh cilantro, chopped
- 3/4 cup** Low-fat balsamic vinaigrette dressing
- 1 tablespoon** Salt-free chili-lime seasoning blend
- 1 tablespoon** extra virgin olive oil
- 6** Tilapia fish filets, raw, 4 oz each
- 1 1/2 cups** Fresh romaine lettuce, julienne cut "shoestring strips" 1/8"
- 6** Whole-wheat tortillas, 8"
- 6 slices** Fresh avocado, peeled, pitted, sliced
- 2** Quarters of Fresh limes, quartered (2-3 quartered)

Directions

1. Preheat oven to 375 °F.
2. In a large mixing bowl combine red and white cabbages, carrots, bok choy, cilantro, and balsamic dressing to make the slaw. Cover and refrigerate for at least 1 hour.
3. Place fish filets on a baking sheet lined with parchment paper sprayed with nonstick cooking spray. Brush fish with olive oil and sprinkle with salt-free seasoning blend. Roast



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	342	
Total Fat	10 g	
Protein	29 g	
Carbohydrates	37 g	
Dietary Fiber	6 g	
Saturated Fat	2 g	
Sodium	541 mg	

MyPlate Food Groups

Vegetables	1 1/2 cups
Grains	1 1/2 ounces
Protein Foods	2 1/2 ounces

uncovered at 375°F for 12 minutes or until internal temperature reaches 145°F or higher and fish flakes with a fork. Use a food thermometer to check the internal temperature.

4. Remove fish from oven.

5. To assemble wrap: Place 1/4 cup lettuce on tortilla. Cut fish in half and place both pieces on top of lettuce. Add 1 cup cabbage slaw and a slice of avocado. Squeeze lime on top of mixture. Roll in the form of a burrito. Cut diagonally. Serve immediately.

Notes

Our Story

There are many benefits to living in Orlando, Florida. Liberty Middle School realized this when they learned a local chef from Universal Studios would be a member on their recipe challenge team. At the initial meeting, the chef discussed the importance of healthy food choices and introduced new ingredients, including bok choy which was used in their recipe creation.

The recipe also used whole-wheat tortillas, meeting the need to offer more whole grains in kids' diets. With the school's kitchen staff, the recipe challenge team developed the Roasted Fish Crispy Slaw Wrap. The team is ecstatic to have their recipe featured in this cookbook and is sure that other children will enjoy this crunchy, tasty delight!

Liberty Middle School

Orlando, Florida

School Team Members

School Nutrition Professional: Sharon Springer

Chef: Ed Collieran (Executive Sous Chef, Universal Studios)

Community Member: Sarah Thornquest
(Physical Education Teacher)

Students: Joshua A., Tyler W., Kimberly A., Shalima D., and Priscilla R.

Recipes for Healthy Kids Cookbook for Homes

Roasted Fish Crispy Slaw Wrap

Makes: 50 or 100 Servings

A combination of colors and textures that overflows with fresh vegetables, spicy fish, and a burst of citrus, all contained in a whole-wheat tortilla, with fresh avocado.

	50 Servings		100 Servings	
Ingredients	Weight	Measure	Weight	Measure
*Fresh red cabbage, shredded	3 lb 2 oz	1 gal 1 cup	6 lb 4 oz	2 gal 2 cups
*Fresh white cabbage, shredded	3 lb 2 oz	3 qt 1 cup	6 lb 4 oz	1 gal 2 1/2 qt
*Fresh carrots, shredded	3 lb 2 oz	2 qt 2 cups	6 lb 4 oz	1 gal 1 qt
*Fresh bok choy, julienne sliced	1 lb 8 oz	1 qt 1 cup	3 lb	2 qt 2 cups
Fresh cilantro, chopped		1 cup	3 oz	2 cups
Light Balsamic vinaigrette dressing		1 qt 2/3 cup		2 qt 1 1/3 cups
Frozen Tilapia filets, thawed (4 oz portions)	12 lb 8 oz	50 pieces	25 lb	100 pieces
Extra virgin olive oil		1/2 cup		1 cup
Salt-free chili-lime seasoning blend	2 oz	1/2 cup 2 Tbsp	4 oz	1 1/4 cups
*Fresh romaine lettuce, julienne sliced	1 lb 10 oz	3 qt 1/2 cup	3 lb 4 oz	1 gal 2 1/4 qt
Whole-grain tortillas, 8" (1.7 oz each)		50		100
*Fresh avocados, sliced 1/4"	15 oz	50 slices	1 lb 14 oz	100 slices
*Fresh limes	10 oz	50 quarters, about 14 limes	1 lb 14 oz	100 quarters, about 28 limes

Directions



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	341.64	
Total Fat	10.1 g	
Protein	28.83 g	
Carbohydrates	36.67 g	
Dietary Fiber	5.74 g	
Saturated Fat	1.5 g	
Sodium	540.54 mg	

Meal Components

Vegetables		
_ Dark Green	1/4 cup	
_ Red & Orange	1/4 cup	
_ Other	7/8 cup	
Grains	1 1/2 ounces	
Meat / Meat Alternate	2 3/4 ounces	

1. Combine red cabbage, white cabbage, carrots, bok choy, cilantro, and balsamic dressing to make slaw.
2. Critical Control Point: Cool to 41 °F or lower within 4 hours. Cover and refrigerate until ready to serve.
3. Place Tilapia portions on sheet pan (18" x 26" x 1") lined with parchment paper and lightly coated with pan release spray. For 50 servings, use 2 pans. For 100 servings, use 4 pans.
4. Brush oil on Tilapia and sprinkle with salt-free seasoning.
5. Roast: Conventional oven: 375 °F for 12 minutes
Convection oven: 375 °F for 9 minutes When done, fish will flake easily with a fork. Critical Control Point: Heat to 145 °F or higher for at least 15 seconds.
6. Critical Control Point: Hold at 135 °F or higher.
7. Place ¼ cup lettuce on tortilla. Cut fish in half and place both pieces on top of lettuce. Add 8 fl oz spoodle (1 cup) slaw and one slice of avocado. Squeeze lime on top of filling. Roll in the form of a burrito and seal.
8. Cut limes into quarters.
9. Cut wraps diagonally in half and serve.
10. Portion 1 wrap (two halves).

Notes

Our Story

There are many benefits to living in Orlando, Florida. Liberty Middle School realized this when they learned a local chef from Universal Studios would be a member on their recipe challenge team. At the initial meeting, the chef discussed the importance of healthy food choices and introduced new ingredients, including bok choy which was used in their recipe creation.

The recipe also used whole-wheat tortillas, meeting the need to offer more whole grains in kids' diets. With the school's kitchen staff, the recipe challenge team developed the Roasted Fish Crispy Slaw Wrap. The team is ecstatic to have their recipe featured in this cookbook and is sure

that other children will enjoy this crunchy, tasty delight!

Liberty Middle School

Orlando, Florida

School Team Members

School Nutrition Professional: Sharon Springer

Chef: Ed Colleran (Executive Sous Chef, Universal Studios)

Community Member: Sarah Thornquest
(Physical Education Teacher)

Students: Joshua A., Tyler W., Kimberly A., Shalima D., and Priscilla R.

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

1/2 wrap (one half) provides: 1 1/4 oz equivalent meat, 1/8 cup dark green vegetable, 1/8 cup red/orange vegetable, 3/8 cup other vegetable, and 3/4 oz equivalent grains.

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Roasted Herb Potatoes

Cook time: 30 minutes

Makes: 4 Servings

Ingredients

vegetable cooking spray

3 cups Potatoes, cubed

2 teaspoons vegetable oil

1/2 teaspoon rosemary

1/2 teaspoon salt

Directions

1. Preheat oven to 450°. Coat baking sheet with vegetable cooking spray.
2. Wash potatoes. Cut into 1/2-inch cubes and place in large bowl.
3. Combine oil, rosemary, and salt in a small bowl. Pour this mixture over potatoes, stirring to coat evenly.
4. Spread potatoes onto baking sheet.
5. Bake 25 to 30 minutes or until lightly browned.
6. Enjoy!

Rolls (Yeast)

Makes: 50 or 100 Servings

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Active dry yeast (see Special Tip)		1/3 cup	3 1/4 oz	1/2 cup 2 Tbsp
Water, warm (110° F)		1 1/2 cups		3 cups
Whole wheat/enriched blend flour	3 lb 10 oz	3 qt 1 1/2 cups	7 lb 4 oz	1 gal 2 3/4 cups
Instant nonfat dry milk	3 1/4 oz	1 1/3 cups	6 1/2 oz	2 2/3 cups
Sugar	5 3/4 oz	3/4 cup 2 Tbsp	11 1/2 oz	1 3/4 cups
Salt		2 Tbsp	2 1/2 oz	1/4 cup
Vegetable oil		3/4 cup 2 Tbsp		1 2/3 cups
Water (68° F)		2 1/2 cups		1 qt 1 cup
Trans fat-free margarine, melted (optional)		1 Tbsp		2 Tbsp

Nutrition Information

Meal Components

Grains	2 ounces
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Directions

1. Dissolve dry yeast in warm water. Let stand for 4-5 minutes
2. Place flour, dry milk, sugar, and salt in mixer bowl. Blend with dough hook for approximately 2 minutes on low speed.
3. Add oil and blend for approximately 2 minutes on low speed.
4. Add water. Mix for 1 minute for 2 minutes on low speed.
5. Knead dough on medium speed for 8 minutes, or until dough is smooth and elastic.
6. Add dissolved yeast and mix for 2 minutes on low speed.
7. Place dough in warm area (about 90° F) for 45-60

minutes

8. Punch down dough to remove air bubbles.
9. Form rolls from dough by pinching off 2 oz pieces and shaping. Place rolls in rows of 5 across and 10 down on sheet pans (18" x 26" x 1") which have been lightly coated with pan release spray. For 50 servings, use 1 pan. For 100 servings, use 2 pans.
10. Place in a warm area (about 90° F) until double in size, 30-50 minutes.
11. Bake until lightly browned: Conventional oven: 400° F for 18-20 minutes Convection oven: 350° F for 12-14 minutes
12. Optional: Brush lightly with melted margarine (approximately 1 Tbsp per pan) while warm.

Notes

Special Tip:

To use high-activity (instant) yeast, follow directions below or manufacturer's instructions.

For 50 servings, omit step 1. In step 2, add ¼ cup high-activity (instant) yeast. Continue with step 3. In step 4, add 1 qt water (110° F). Omit step 5. In step 6, knead for 10 minutes. Continue with steps 7-12.

For 100 servings, omit step 1. In step 2, add 2 ½ oz (½ cup) high-activity (instant) yeast. Continue with step 3. In step 4, add 2 qt water (110° F). Omit step 5. In step 6, knead for 10 minutes. Continue with steps 7-12.

Variation:

A. Frankfurter Rolls

50 and 100 servings: Follow steps 1-8. In step 9, shape 2 oz pieces of dough to approximately 2 1/2" x 6 1/2". Place rolls in rows of 8 down and 4 across on sheet pans which have been lightly coated with pan release spray. Continue with steps 10-12.

B. Hamburger Rolls

50 and 100 servings: Follow steps 1-8. In step 9, shape

and flatten 2 oz pieces of dough to approximately 4" in diameter. Place rolls in rows of 6 down and 4 across on sheet pans which have been lightly coated with pan release spray. Continue with steps 10-12.

C. Wheat Rolls

50 servings: Follow step 1. In step 2 use 1 lb 13 oz (1 2 1/2 cups) Whole wheat/enriched blend flour and 1 lb 13 oz (1 qt 2 3/4 cups) whole wheat flour. Continue with steps 3-12.

100 servings: Follow step 1. In step 2, use 3 lb 10 oz (3 qt 1 cup) Whole wheat/enriched blend flour and 3 lb 10 oz (3 qt 1 1/2 cups) whole wheat flour. Continue with steps 3-12.

A new nutrient analysis will be coming. Updated July 2014. Restandardization in progress

Royal Brownies

Rating: ★★★★★

Makes: 50 or 100 Servings

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Sugar	1 lb 10 oz	3 3/4 cups	3 lb 4 oz	1 qt 3 1/2 cups
Salt		1 1/2 tsp		1 Tbsp
Vanilla		1 1/2 tsp		1 Tbsp
Vegetable oil		3/4 cup		1 1/2 cup
Canned applesauce	1 lb 4 oz	2 1/2 cups	2 lb 8 oz	1 qt 1 cup
Frozen egg whites, thawed	12 oz	1 1/2 cups	1 lb 8 oz	3 cups
OR		OR		OR
Fresh large egg whites		10 each		20 each
Whole wheat/enriched blend flour	15 oz	3 1/2 cups	1 lb 14 oz	1 qt 3 cups
Cocoa	6 oz	1 1/2 cups 2 Tbsp	12 oz	3 1/4 cups
baking powder		1 Tbsp		2 Tbsp
Chopped walnuts (optional)	4 oz	1/2 cup	8 oz	1 cup

Nutrition Information

Meal Components

Grains 1/2 ounce

Directions

1. Cream oil, sugar, salt, vanilla, and applesauce in mixer with paddle attachment for 5 minutes on medium speed. Scrape down sides of bowl.
2. Add egg whites and mix for 1 minute on medium speed. Scrape down sides of bowl.
3. In a separate bowl combine, flour, cocoa, and baking powder. Mix for 1 minute on medium speed.
4. Add dry mixture to creamed ingredients and mix for 30 seconds on low speed, then for 1 minute on medium speed. Batter will be very thick.

5. Spread 5 lb 3 oz (2 qt 1 ½ cups) of batter in each half-sheet pan (13" x 18" x 1") which has been lightly coated with pan release spray. For 50 servings, use 1 pan. For 100 servings, use 2 pans.
6. Sprinkle nuts (optional) over batter.
7. Bake: Conventional oven: 350° F for 20-30 minutes
Convection oven: 300° F for 18-25 minutes Bake until set, but still moist in the center.
8. Cut each pan 5 x 10 (50 pieces per pan).

Notes

- Special Tip:
 - Brownies may be iced with Brownie Icing (C-22) or lightly dusted with powdered sugar.
- Variation:
 - Swiss Brownies: Swiss Brownies are lighter in color than Royal Brownies. For 50 servings, decrease cocoa to 4 oz (1 ½ cups). For 100 servings, decrease cocoa to 8 oz (2 cups).

A new nutrient analysis will be coming. Updated July 2014. Restandardization in progress.

Salisbury Steak

Makes: 50 or 100 servings

Ingredients	50 Servings		100 Servings	
	Weight	Measure	Weight	Measure
Raw ground beef (no more than 20% fat)	8 lb		16 lb	
Rolled oats	12 oz	1 qt 1/4 cup	1 lb 8 oz	2 qt 1/2 cup
Frozen whole eggs, thawed	6 oz	3/4 cup	12 oz	1 1/2 cups
OR		OR		OR
Fresh large eggs, (see Special Tip)		4 each		7 each
Beef stock, non-MSG		1 cup		2 cups
Instant nonfat dry milk	2 1/4 oz	1 cup	4 1/2 oz	2 cups
*Fresh onions, chopped	12 oz	2 cups	1 lb 8 oz	1 qt
OR	OR	OR	OR	OR
Dehydrated onions	2 1/4 oz	1 cup 2 Tbsp	4 1/2 oz	2 1/4 cups
Dried parsley		1/4 cup		1/2 cup
Ground black or white pepper		1 1/2 tsp		1 Tbsp
Salt		2 tsp		1 Tbsp 1 tsp

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	186	
Total Fat	10.18 g	
Protein	16.67 g	
Carbohydrates	5.95 g	
Dietary Fiber	0.8 g	
Saturated Fat	4.22 g	
Sodium	156 mg	

Meal Components

Grains	1/4 ounce
Meat / Meat Alternate	2 ounces

Directions

1. Blend all ingredients in mixer for 4 minutes on low speed. DO NOT OVERMIX.
2. Portion 25 steaks onto each ungreased sheet pan (18" x 26" x 1") with a firmly packed level No. 10 scoop (? cup). Flatten into an oval pattie. For 50 servings, use 2 pans. For 100 servings, use 4 pans.
3. Bake: Conventional oven: 350° F for 25-30 minutes. Convection oven: 300° F for 15-20 minutes. CCP: Heat to 165° F or higher for at least 15 seconds.

4. Transfer steaks to steamtable pans (12" x 20" x 2 ½").
For 50 servings, use 2 pans. For 100 servings, use 4 pans.
5. CCP: Hold for hot service at 135° F or higher. Portion 1 patty (2 ¾ oz).
6. Serve with Brown Gravy (see G-03) or Meatless Tomato Sauce (see G-07).

Notes

Comments:

*See Marketing Guide.

Special Tip:

For 50 servings, use 2 oz (½ cup) dried whole eggs and ½ cup water in place of eggs.

For 100 servings, use 3 ½ oz (1 cups 3 Tbsp) dried whole eggs and 1 ½ cups water in place of eggs.

Scalloped Potatoes (Using Fresh Potatoes)

Makes: 50 or 100 servings

Ingredients	50 Servings		100 Servings	
	Weight	Measure	Weight	Measure
Fresh potatoes, as purchased	8 lb 2 oz	1 gal 2 qt	16 lb 4 oz	3 gal
Trans fat-free margarine	6 oz	3/4 cup	12 oz	1 1/2 cups
*Fresh onions, chopped	14 oz	2 1/3 cups	1 lb 12 oz	1 qt 2/3 cup
OR	OR	OR	OR	OR
Dehydrated onions	2 1/2 oz	1 1/4 cups	5 oz	2 1/2 cups
Enriched all-purpose flour	6 3/4 oz	1 1/2 cups 1 Tbsp	13 1/2 oz	3 cups 2 Tbsp
Instant nonfat dry milk, reconstituted		1 gal		2 gal
Salt		2 Tbsp		1/4 cup
Ground black or white pepper		1 1/2 tsp		1 Tbsp
Dried parsley (optional)		1/2 cup		1 cup
Trans fat-free margarine	4 oz	1/2 cup	8 oz	1 cup
Enriched dry bread crumbs	12 oz	3 1/4 cups	1 lb 8 oz	1 qt 2 1/2 cups

Nutrition Information

Meal Components

Vegetables

_ Starchy	3/8 cup
_ Other	1/8 cup

Directions

1. Peel and thinly slice fresh potatoes.
2. Place 2 lb 10 oz (3 qt) potatoes into each steamtable pan (12" x 20" x 2 1/2") which has been lightly coated with pan release spray. For 50 servings, use 2 pans. For 100 servings, use 4 pans. Set aside for step 6.
3. Melt margarine. Add onions and cook over medium heat for 5-10 minutes.
4. Blend in flour and cook over medium heat, stirring constantly until golden brown, 6-8 minutes.

5. Slowly stir in milk, salt, pepper, and parsley flakes (optional). Blend well and cook over medium heat, stirring frequently, until slightly thickened, 10-15 minutes.
6. Pour 2 ¼ qt liquid mixture over potatoes in each pan. Stir to combine.
7. Optional topping: Combine margarine and bread crumbs. Mix to coat crumbs well. Sprinkle 8 oz (approximately 1 ½ cups) crumbs evenly over each pan.
8. Product should be evenly golden brown on top. Bake: Conventional oven: 350° F for 45-60 minutes. Convection oven: 300° F for 35-45 minutes. CCP: Heat to 140° F or higher.
9. Continue to bake at 190° F for 30 minutes. CCP: Hold for hot service at 135° F or higher. Portion with No. 8 scoop (½ cup).

Notes

Comments:

*See Marketing Guide.

A new nutrient analysis will be coming. Updated July 2014. Restandardization in progress.

Scrambled Eggs

Makes: 50 or 100 servings

Ingredients	50 Servings		100 Servings	
	Weight	Measure	Weight	Measure
Frozen whole eggs, thawed OR Fresh large eggs (see Special Tip)	5 lb 9 oz	2 qt 2 1/2 cups OR 50 each	11 lb 2 oz	1 gal 1/4 qt OR 100 each
Instant nonfat dry milk, reconstituted		1 qt		2 qt
Salt		1 1/2 tsp		1 Tbsp
Trans fat-free margarine (optional)	2 1/2 oz	1/3 cup	5 oz	2/3 cup
Reduced fat Cheddar cheese, shredded (optional)	14 oz	3 1/2 cups	1 lb 12 oz	1 qt 3 cups

Directions

1. Beat eggs thoroughly.
2. Add milk and salt. Mix until well blended
3. Pour 3 lb 12 oz (1 qt 3 ¼ cups) egg mixture into each steamtable pan (12" x 20" x 2 ½") which has been lightly coated with pan release spray. For 50 servings, use 2 pans. For 100 servings, use 4 pans.
4. Bake: Conventional oven: 350° F for 20 minutes. Stir once after 15 minutes. Convection oven: 300° F for 15 minutes. Stir once after 10 minutes. Steamer: 5 lb pressure for 3-5 minutes. DO NOT OVERCOOK. CCP: Heat to 145° F for 3 minutes.
5. Remove from oven or steamer. Stir well. Eggs should have a slightly moist appearance.
6. Add 1 ¼ oz (2 Tbsp 1 ½ tsp) margarine (optional) to

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	82	
Total Fat	5.07 g	
Protein	7.02 g	
Carbohydrates	1.65 g	
Dietary Fiber	0 g	
Saturated Fat	1.57 g	
Sodium	144 mg	

Meal Components

Meat / Meat Alternate 2 ounces

each pan. Stir.

7. CCP: Hold for hot service 135° F or higher. Sprinkle 7 oz (1 $\frac{3}{4}$ cups) cheese (optional) over each pan.

8. Portion with No. 16 scoop ($\frac{1}{4}$ cup). For best results, serve within 15 minutes.

Notes

Special Tip:

For 50 servings, use 1 lb 9 oz (2 qt $\frac{1}{2}$ cup) dried whole eggs and 2 qt $\frac{1}{2}$ cup water in place of eggs.

For 100 servings, use 3 lb 2 oz (1 gal $\frac{1}{2}$ cup) dried whole eggs and 1 gal $\frac{1}{2}$ cup water in place of eggs.

Scrumptious Sweet Potato Sheppard's Pie

Rating: ★★★★★

Prep time: 30 minutes

Cook time: 30 minutes

Makes: 6 Servings



Ingredients

1 1/2 pounds Ground Beef Crumbles
1/2 cup onions, raw
9 sweet potatoes (cooked)
3 ounces carrots, raw
3/4 cup Celery, Raw
2 1/2 teaspoons cumin, ground
1 3/4 teaspoons Cinnamon, ground
1/2 teaspoon Pepper, black, ground
1 dash Salt, table
2 1/2 teaspoons Oil, canola

Directions

1. Preheat oven to 350 degrees F. Fill medium saucepan half full with water and heat.
2. Wash the sweet potatoes thoroughly with a brush and place in pot with water. Bring the water to a boil and cook the sweet potatoes until tender. If a steamer is available you may place sweet potatoes in a perforated pan and steam for 22 minutes or until tender. Once cooked remove from boiling water or steamer and set aside to cool. Canned sweet potatoes may be used in place of fresh.
3. In the meantime, peel and dice carrots and onions into 1/4" size pieces. Clean the celery stalks and dice into 1/4" pieces.

4. Heat oil in large skillet or frying pan. Sauté all the vegetables together. Add salt and pepper. Cook for 5 minutes until the onions are translucent.
 5. Remove the vegetables and combine thoroughly with beef crumbles and add the ground cumin.
 6. Place the meat mixture in a large baking dish, making sure the meat is layered evenly, about 2 in.
 7. Once the sweet potatoes are cooled down, peel skins off carefully using gloves. Place the peeled potatoes in a mixing bowl and mash into a smooth consistency. If a mixture is available use the whisk attachment and start on the low speed and increase speed until potatoes become smooth. Season with cinnamon. If needed, add oil to the potatoes to make the puree smoother.
 8. Top the ground beef mixture with the mashed sweet potato mixture and spread evenly. The layer of the mashed sweet potatoes should be as thick as the meat mixture layer, 2 inches
 9. Cover with aluminum foil or lid and bake for 30 minutes. Internal temperature should be 145 degrees if using precooked beef crumble.
 0. Cut in squares, 6 per pan, and serve hot.
- Blue Valley School District Food & Nutrition Services (Recipe for Healthy Kids Competition)

Sesame Asian Noodle Chicken Salad

Makes: 50 or 100 Servings

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
*Fresh ginger, minced		2 Tbsp		1/4 cup
Rice Vinegar		1 1/2 cups		3 cups
Low-sodium soy sauce		1 cup		2 cups
Orange juice		1/2 cup		1 cup
Honey	4 oz	1/4 cup	8 oz	1/2 cup
Canola oil		1 1/2 cups		3 cups
Sesame Oil		1 1/2 cups		3 cups
Canola oil		3 cups		1 qt 2 cups
Garlic powder		1 tsp		2 tsp
Water		2 gal		4 gal
Spaghetti noodles, whole-wheat, dry	3 lb 2 oz	2 qt 2 cups	6 lb 4 oz	1 gal 1 qt
Water		2 qt		1 gal
Frozen edamame	2 lb 8 oz	2 qt	5 lb	1 gal
*Fresh carrots, shredded	1 lb 5 oz	2 qt	2 lb 10 oz	1 gal
*Fresh red cabbage, shredded	1 lb	2 qt	2 lb	1 gal
*Fresh red onion, sliced, thin	6 oz	1 1/2 cups	12 oz	3 cups
Frozen, cooked diced chicken, thawed, 1/2" pieces	3 lb 2 oz	2 qt 3 cups	6 lb 4 oz	1 gal 1 qt 1 pt
Sesame Seeds		1 cup		2 cups

Directions

1. To make dressing, combine ginger, rice vinegar, soy sauce, orange juice, honey, oil, and garlic powder in a blender. Blend for 2 minutes at medium speed. Pour dressing into a container. Cover and refrigerate.

2. Critical Control Point: Cool to 41 °F or lower within 4



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	338.48	
Total Fat	18.31 g	
Protein	16.86 g	
Carbohydrates	28.77 g	
Dietary Fiber	5.04 g	
Saturated Fat	2.22 g	
Sodium	337.52 mg	

Meal Components

Vegetables

_ Red & Orange	1/8 cup
_ Beans & Peas	1/8 cup
_ Other	1/8 cup

Grains 1 ounce

Meat / Meat Alternate 1 ounces

hours.

3. Heat water to a rolling boil.
4. Slowly add pasta. Stir constantly until water boils again. Cook about 8 minutes or until al dente. Stir occasionally. DO NOT OVERCOOK. Rinse with cold water or ice water to rapidly cool. Drain well. Cover and refrigerate.
5. Critical Control Point: Cool to 70 °F or lower within 2 hours, and 41 °F or lower within 6 hours.
6. Heat water to a rolling boil.
7. Add edamame and boil for 3 minutes. Rinse with cold water. Drain well.
8. Combine edamame, carrots, cabbage, onions, and chicken together in a large steam table pan (12" x 20" x 2 1/2"). Add pasta. Mix well. Pour dressing over mixture and toss well. For 50 servings, use 2 pans. For 100 servings, use 4 pans.
9. Sprinkle with sesame seeds. Refrigerate at 41 °F.
10. Critical Control Point: Cool to 41 °F or lower within 4 hours. Cover and refrigerate until service.
11. Critical Control Point: Hold for cold service at 41 °F or lower.
12. Portion with 8 fl oz spoodle (1 cup).

Notes

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #3: Complex Food Preparation

Serving

NSLP/SBP Crediting Information: 1 cup (8 fl oz spoodle) provides: Legume as Meat Alternate: 1 ½ oz equivalent meat/meat alternate, 1/8 cup red/orange vegetable, 1/8 cup other vegetable, and 1 oz equivalent grains.

Legume as Vegetable: 1 oz equivalent meat, 1/8 cup legume vegetable, 1/8 cup red/orange vegetable, 1/8 cup other vegetable, and 1 oz equivalent grains.

CACFP Crediting Information: 1 cup (8 fl oz spoodle) provides: Legume as Meat Alternate: 1 ½ oz meat/meat alternate, ¼ cup vegetable, and 1 serving grains/bread.

Legume as Vegetable: 1 oz meat/meat alternate, 3/8 cup vegetable and 1 serving grains/bread.

Sloppy Joe on Roll

Makes: 50 or 100 servings

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Raw ground beef (no more than 15% fat)	8 lb 10 oz		17 lb 4 oz	
*Fresh onions, chopped	10 oz	1 2/3 cups	1 lb 4 oz	3 1/3 cups
OR	OR	OR	OR	OR
Dehydrated onions	1 1/4 oz	3/4 cup 2 Tbsp	2 1/2 oz	1 3/4 cups
Granulated garlic		1 Tbsp		2 Tbsp
Canned low-sodium tomato paste	1 lb 12 oz	3 cups 2 Tbsp (1/4 No. 10 can)	3 lb 8 oz	1 qt 2 1/4 cups (1/2 No. 10 can)
Catsup	1 lb 13 oz	3 cups (1/4 No. 10 can)	3 lb 10 oz	1 qt 2 cups (1/2 No. 10 can)
Water		2 cups		1 qt
White vinegar		1 cup 2 Tbsp		2 1/4 cups
Dry mustard		2 Tbsp		1/4 cup
Ground black or white pepper		1 tsp		2 tsp
Brown sugar, packed	2 3/4 oz	1/4 cup 2 Tbsp	5 1/2 oz	3/4 cup
Whole grain rich hamburger rolls (at least 1.8 oz each)		50 each		100 each

Nutrition Information

Meal Components

Vegetables

_ Red & Orange	1/8 cup
_ Other	1/8 cup

Grains 1 3/4 ounces

Meat / Meat Alternate 2 ounces

Directions

1. Brown ground beef. Drain. Continue immediately.
2. Add onions and granulated garlic. Cook for 5 minutes. Add tomato paste, catsup, water, vinegar, dry mustard, pepper, and brown sugar. Mix well and simmer for 25-30 minutes. CCP: Heat to 155° F or higher for at least 15 seconds.

3. Pour 10 lb 12 oz (1 gallon $\frac{1}{4}$ cup) ground beef mixture into steamtable pan (12" x 20" x 2 $\frac{1}{2}$ "). For 50 servings, use 1 pan. For 100 servings, use 2 pans.

4. CCP: Hold for hot service at 135° F or higher. Portion with No. 12 scoop ($\frac{1}{2}$ cup) onto bottom half of each roll. Cover with top half of roll.

Notes

Comments:

*See Marketing Guide.

A new nutrient analysis will be coming. Updated July 2014. Restandardization in progress.

Smokin' Powerhouse Chili

Prep time: 30 minutes

Cook time: 1 hour, 25 minutes

Makes: 6 Servings

A chili made of a blend of vegetables, black beans, and smoky spices all served with ancient Aztec whole-grain quinoa.

Ingredients

2/3 cup Quinoa, dry
1 cup Fresh onion, peeled, diced
2 teaspoons Fresh garlic, minced
3/4 cup Low-sodium vegetable stock
1 1/4 cups Fresh carrots, peeled, diced 1/2"
1/2 cup Fresh red bell peppers, seeded, diced
1/2 teaspoon ground chipotle pepper (optional)
1 cup Fresh sweet potatoes, peeled, diced 1/2"
1 3/4 cups canned low-sodium tomato sauce
1 cup canned low-sodium tomato sauce
1 cup canned low-sodium tomato sauce
1/4 cup Fresh cilantro, chopped
2 1/2 teaspoons chili powder
2 1/2 teaspoons ground cumin
1/4 teaspoon salt
2 cups Canned low-sodium black beans, drained, rinsed
1/2 cup frozen corn

Directions

1. Rinse quinoa in a fine mesh strainer until water runs clear, not cloudy. Combine quinoa and 1 1/3 cups water in a small pot. Cover and bring to a boil. Turn heat down to low and simmer uncovered until water is completely absorbed, about 10-15 minutes. When done, quinoa will be soft and a white ring will pop out of the kernel. The white ring will appear only when it is fully cooked. Fluff with a fork and set aside. A rice cooker may be used with the same quantity of quinoa and water.



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	184	
Total Fat	2 g	
Protein	7 g	
Carbohydrates	38 g	
Dietary Fiber	8 g	
Saturated Fat	0.18 g	
Sodium	256 mg	

MyPlate Food Groups

Vegetables	3/4 cup
Grains	1/2 cup
Protein Foods	1/2 ounce

2. In a large pot coated with nonstick cooking spray, cook onions and garlic over low-medium heat for 2 minutes. Add half of the vegetable stock and bring to a boil.
3. Add carrots, red bell pepper, and optional ground chipotle pepper. Cook uncovered over medium heat for 10 minutes.
4. Steam sweet potatoes in a steam basket over high heat. Cover and steam for 15 minutes or until fork-tender.
5. Add remaining vegetable stock to pot along with diced tomatoes, tomato sauce, cilantro, chili powder, cumin, and salt. Cook uncovered over medium heat, stirring occasionally, allowing mixture to thicken and flavors to blend for about 15 minutes.
6. Add black beans, corn, and steamed sweet potatoes. Cover and continue cooking over low heat for 10-15 minutes.
7. Serve $\frac{1}{4}$ cup quinoa with 1 cup chili. Serve hot. May serve brown rice in place of quinoa.

Notes

Our Story

The recipe challenge team developed dishes that were prepared by school nutrition staff and offered to students during their lunch hour. Taste test results showed that Smokin' Powerhouse Chili was a success! This dish stands apart because of its warm, rich flavors.

As the recipe challenge team describes it, Smokin' Powerhouse Chili is "the bomb!" It is the healthiest and tastiest chili you'll ever eat! As a main dish, it has a smoky blend of spices and some of Minnesota's best harvest to warm you up from the inside out on a cold winter's day!

West Junior High School

Minnetonka, Minnesota

School Team Members

School Nutrition Professional: Barbara Mechura

Chef: Jenny Breen, MS (Co-owner, Good Life Catering)

Community Members: Mary Jo Martin (Parent and School Nurse) and Sue Nefzger (Parent and Family and Consumer Science Teacher)

Students: Ryan K., Liam P., Ty L., Miranda H., and Matt H.

1 cup chili and $\frac{1}{4}$ cup quinoa provides:

Legume as Meat Alternate: 1 oz equivalent meat alternate, $\frac{1}{2}$ cup red/orange vegetable, $\frac{1}{8}$ cup other vegetable, $\frac{1}{8}$ cup additional vegetable, and $\frac{1}{2}$ oz equivalent grains.

OR

Legume as Vegetable: $\frac{1}{4}$ cup legume vegetable, $\frac{1}{2}$ cup red/orange vegetable, $\frac{1}{8}$ cup other vegetable, $\frac{1}{8}$ cup additional vegetable, and $\frac{1}{2}$ oz equivalent grains.

Legume vegetable can be counted as either a meat alternate or as a legume vegetable but not as both simultaneously.

USDA

Smokin Powerhouse Chili

Makes: 50 or 100 Servings

A chili made of a blend of vegetables, black beans, and smoky spices all served with ancient Aztec whole-grain quinoa.

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
*Fresh onions, diced	3 lb	2 qt 1 3/8 cups	6 lb	1 gal 2 3/4 cups
Fresh garlic, minced	4 oz	1/2 cup	8 oz	1 cup
Low-sodium vegetable stock		1 qt 2 1/4 cups	6 lb 8 oz	3 qt 1/2 cup
*Fresh carrots, diced 1/2"	3 lb 2 oz	3 qt 2 2/3 cups	6 lb 4 oz	1 gal 3 qt
*Fresh red bell peppers, diced	1 lb 8 oz	1 qt 1/2 cup	3 lb	2 qt 1 cup
Dry ground chipotle pepper (optional)		2 Tbsp		1/4 cup
Canned low-sodium diced tomatoes	5 lb 13 oz	3 qt 2 cups (1 1/3 No. 10 cans)	11 lb 10 oz	1 gal 3 qt (2 2/3 No. 10 cans)
Canned low-sodium tomato sauce	3 lb 7 oz	1 qt 3 1/2 cups (2/3 No. 10 can)	6 lb 14 oz	3 qt 3 cups (1 1/3 No. 10 cans)
Fresh cilantro, chopped	2 1/2 oz	2 cups	5 oz	1 qt
Chili powder	2 oz	1/2 cup	4 oz	1 cup
Ground cumin		1/2 cup	3 1/2 oz	1 cup
Salt		2 tsp		1 Tbsp 1 tsp
*Fresh sweet potatoes, peeled, diced 1/2"	2 lb 4 oz	1 qt 2 1/2 cups	4 lb 4 oz	3 qt 1 cups
Canned low-sodium black beans drained, rinsed	6 lb	1 gal (2 1/2 No. 10 cans)	12 lb	2 gal (5 No. 10 cans)
OR	OR	OR	OR	OR
*Dry black beans, cooked (See Notes Section)	6 lb	1 gal	12 lb	2 gal
Frozen corn, thawed, drained	2 lb	1 qt 2 cups	4 lb	3 qt



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	183.6	
Total Fat	1.66 g	
Protein	7.45 g	
Carbohydrates	37.5 g	
Dietary Fiber	7.6 g	
Saturated Fat	0.18 g	
Sodium	255.97 mg	

Meal Components

Vegetables	1/8 cup
_ Red & Orange	1/2 cup
_ Other	1/8 cup
Grains	1/2 ounce
Meat / Meat Alternate	1/2 ounce

Water		1 qt 3 cups	3 qt 2 cups
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Directions

1. Coat a roasting pan/square head pan (20 7/8" x 17 3/8" x 7") with pan release spray. Sauté onions and garlic for 2 minutes.
2. Add half of the stock and bring to a boil over medium high heat. Reserve remaining vegetable stock for step 4.
3. Add carrots, red peppers, and ground chipotle pepper (optional). Simmer uncovered over low-medium heat for 10 minutes.
4. Add remaining stock, tomatoes, tomato sauce, cilantro, chili powder, cumin, and salt. Stir occasionally. Continue to simmer over low heat, uncovered, for 15 minutes.
5. Steam sweet potatoes until soft (about 10-15 minutes) in a perforated steam table pan (12" x 20" x 2 1/2"). For 50 servings, use 2 pans. For 100 servings, use 4 pans.
6. Add beans, corn, and sweet potatoes to vegetable mixture. Simmer uncovered over low heat for 10 minutes. Critical Control Point: Heat to 135 °F or higher for at least 15 seconds.
7. Critical Control Point: Hold for hot service at 135 °F or higher.
8. Rinse quinoa in a fine mesh strainer until water runs clear, not cloudy.
9. Combine quinoa and water in a covered stockpot and bring to a boil. Reduce heat to low and simmer until water is completely absorbed, about 15 minutes. When done, quinoa will be soft and a white ring will pop out of the kernel. The white ring will only appear when it is fully cooked.
10. Critical Control Point: Hold for hot service at 135 °F or higher.
11. Portion 8 fl oz ladle (1 cup) chili. Serve with No. 16 scoop (1/4 cup) cooked quinoa.
12. If desired, serve chili with 1/4 cup brown rice in place of quinoa.

Notes

Our Story

The recipe challenge team developed dishes that were prepared by school nutrition staff and offered to students during their lunch hour. Taste test results showed that Smokin' Powerhouse Chili was a success! This dish stands apart because of its warm, rich flavors.

As the recipe challenge team describes it, Smokin' Powerhouse Chili is "the bomb!" It is the healthiest and tastiest chili you'll ever eat! As a main dish, it has a smoky blend of spices and some of Minnesota's best harvest to warm you up from the inside out on a cold winter's day!

West Junior High School

Minnetonka, Minnesota

School Team Members

School Nutrition Professional: Barbara Mechura

Chef: Jenny Breen, MS (Co-owner, Good Life Catering)

Community Members: Mary Jo Martin (Parent and School Nurse) and Sue Nefzger (Parent and Family and Consumer Science Teacher)

Students: Ryan K., Liam P., Ty L., Miranda H., and Matt H.

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

Special tip for preparing dry beans:

SOAKING BEANS

OVERNIGHT METHOD: Add 1 $\frac{3}{4}$ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.

QUICK-SOAK METHOD: Boil 1 $\frac{3}{4}$ qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with recipe.

COOKING BEANS

Once the beans have been soaked, add 1 $\frac{3}{4}$ qt water for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours. Use hot beans immediately.

Critical Control Point: Hold for hot service at 135 °F or higher.

OR

Chill for later use.

Critical Control Point: Cool to 70 °F within 2 hours and to 40 °F or lower within an additional 4 hours.

1 lb dry black beans = about 2 ¼ cups dry or 4 ½ cups cooked beans.

1 cup (8 fl oz ladle) chili and 1/4 cup (No. 16 scoop) quinoa provides:

Legume as Meat Alternate: 1/2 oz equivalent meat alternate, 1/2 cup red/orange vegetable, 1/8 cup other vegetable, 1/8 cup additional vegetable, and 1/2 oz equivalent grains.

OR

Legume as Vegetable: 1/8 cup legume vegetable, 1/2 cup red/orange vegetable, 1/8 cup other vegetable, 1/8 cup additional vegetable, and 1/2 oz equivalent grains.

Legume vegetable can be counted as either a meat alternate or as a legume vegetable but not as both simultaneously.

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Sock Rockin' Chicken Chili

Prep time: 15 minutes

Cook time: 45 minutes

Makes: 6 Servings

Ingredients

1 tablespoon olive oil
1 cup Onions, raw, chopped
1 cup Peppers, green bell, chopped
1 cup celery, raw, chopped
1 tablespoon garlic powder
2 teaspoons cumin, ground
1 tablespoon chili powder
1 tablespoon Oregano leaves, dried, ground
2 cups Zucchini, raw, sliced
3 cups Chicken breast, cooked, diced
1 can Black beans, canned, drained (15 oz can)
30 ounces Kidney beans, red mature, drained
2 cups tomato sauce
30 ounces Diced tomatoes and juice
2 cups chicken broth

Directions

1. Heat olive oil in large saucepan or stock pot. Add onions, celery and peppers and cook approximately 5 minutes or until soft.
2. Add garlic, cumin, oregano, and chili powder.
3. Add zucchini, chicken broth, diced tomatoes and tomato sauce.
4. Cook for approximately 15 minutes on medium to high heat, until zucchini is softened.



5. Add chicken and beans, cook another 20 minutes.

Ensure that temperature reaches 165 degrees F.

6. Serving suggestions: Serve chili with brown rice or quinoa. Chili can be topped with shredded low fat cheddar cheese or fresh cilantro leaves.

Notes

Serving Tips:

Sock Rockin' Chicken Chili is a light textured chili with a very fresh taste and just enough spicy kick to knock your socks off! Made with chicken breast, kidney and black beans, our chili contains lots of lean protein from alternate protein sources. It also utilizes commodities such as canned tomatoes to ensure this recipe is cost effective for schools looking to add this spicy entree to their lunch menu!

Clinton Township Middle School (Recipes for Healthy Kids Challenge)

Southwestern Shepherd's Pie

Rating: ★★

Prep time: 30 minutes

Cook time: 30 minutes

Makes: 6 Servings

Ingredients

1/4 cup chicken stock
2 tablespoons cornstarch
1 cup corn
3 cups Spinach, cooked, drained, chopped
3 cups Cauliflower, cooked & pureered
12 ounces tomato sauce
1 ounce shredded cheddar cheese
12 ounces ground turkey
1 tablespoon Cumin seeds
8 ounces water

Directions

1. Pre-heat oven to 375 degrees F.
2. Peel, chop, and steam squash until tender, then puree.
3. Cook turkey until thoroughly done, crumble and drain well. Toast cumin seeds lightly in frying pan for about 1 minute.
4. Combine chicken stock, water, and cornstarch in a saucepan and make a slurry (thick mixture).
5. Steam frozen spinach until heated thoroughly. Drain WELL. Then chop into bite size pieces
6. Peel and finely chop onion and combine with chopped spinach.



7. Spoon just enough tomato sauce into bottom of a large deep dish baking pan to cover the bottom, 1/4 to 1/2 cup.
 8. Pour turkey over tomato sauce in pan. Sprinkle with toasted cumin seeds.
 9. Next layer corn and beans over the turkey, top with small amount of tomato sauce.
 10. Make a layer of squash, then a layer of spinach, and lastly a layer of cauliflower, cover with aluminum foil.
 11. Bake for 20 to 30 minutes until thoroughly heated and internal temperature reached 165 degrees F.
 12. Sprinkle lightly with cheddar cheese and place back in oven for 5 to 10 minutes or until cheese is melted.
 13. Portion and serve.
- Columbiana Middle School (Recipes for Healthy Kids Competition)

Southwestern Sweet Potato Breakfast Bake

Prep time: 15 minutes

Cook time: 45 minutes

Makes: 6 Servings

Ingredients

1 cup eggs
2 ounces Low fat milk
1/2 cup Low Fat Cottage Cheese
1/4 cup low fat cheddar cheese
1/2 cup salsa
1 dash salt
1 dash pepper
1/8 teaspoon chili powder
dash cumin
1 dash garlic powder
1 2/3 cups Sweet Potatoes, Canned Chopped
2 ounces Low Fat Turkey Sausage, cooked

Directions

1. Preheat oven to 350 degrees F. Combine all ingredients in a large mixing bowl.
2. Spray a 9X13 baking dish with nonstick cooking spray. Pour ingredients from mixing bowl into baking dish.
3. Bake at 350 degrees F., 30 to 45 minutes, until custard has set.
4. Cut into 6 equal portions and serve.



Spaghetti ala Pesto

Rating: ★★

Prep time: 20 minutes

Cook time: 20 minutes

Makes: 6 Servings

Ingredients

13 1/2 ounces Whole Grain Spaghetti
3/4 clove garlic cloves
2/3 cup Spinach, raw
1/4 cup Basil, fresh
1/3 cup olive oil
1/2 teaspoon salt
3/4 cup Parmesan cheese
14 1/2 ounces cottage cheese, low fat or non fat

Directions

1. Preheat oven to 135 degrees F. Wash and chop the spinach and basil. Crush the garlic and mix in oil, set aside.
2. Cook whole grain spaghetti noodles for 7 minutes, test for doneness, drain and place in bowl.
3. Measure out the salt.
4. Place cooked spaghetti in a 9X13 baking dish.
5. Combine all ingredients, except for cottage cheese, in bowl and combine thoroughly. Fold in cottage cheese. Place mixture in baking dish and place in oven.
6. Bake about 8 minutes, sprinkle Parmesan cheese over the top and serve.

Notes

Serving Size: 1 12X20 square

Ballantyne Elementary (Recipes for Healthy Kids Competition)

Spaghetti and Meat Sauce

Makes: 50 or 100 servings

	50 Servings		100 Servings	
Ingredients	Weight	Measure	Weight	Measure
Raw ground beef (no more than 15% fat)	8 lb 8 oz		17 lb	
*Fresh onions, chopped	8 oz	1 1/3 cups	1 lb	2 2/3 cups
OR	OR	OR	OR	OR
Dehydrated onions	1 1/2 oz	3/4 cup	3 oz	1 1/2 cups
Granulated garlic		1 Tbsp 1 1/2 tsp		3 Tbsp
Ground black or white pepper		1 1/2 tsp		1 Tbsp
Canned low-sodium tomato puree	5 lb	2 qt 1 cup (3/4 No. 10 can)	10 lb	1 gal 2 cups (1 1/2 No. 10 cans)
Water		2 qt		1 gal
Salt		1 Tbsp		2 Tbsp
Dried parsley		1/4 cup		1/2 cup
Dried basil		2 Tbsp		1/4 cup
Dried oregano		2 Tbsp		1/4 cup
Dried marjoram		1 Tbsp		2 Tbsp
Dried thyme		1 1/2 tsp		1 Tbsp
Water		6 gal		12 gal
Salt		2 Tbsp		1/4 cup
Whole grain-rich spaghetti, broken into thirds	4 lb 12 oz	3 qt 3 1/2 cups	9 lb 8 oz	1 gal 3 3/4 qt

Nutrition Information

Meal Components

Vegetables

_ Red & Orange 1/4 cup

_ Other 1/8 cup

Grains 1 1/2 ounces

Meat / Meat Alternate 2 ounces

Directions

1. Brown ground beef. Drain. Continue immediately. Add onions. Cook for 5 minutes.

2. Add granulated garlic, pepper, tomato puree, water, salt, parsley, basil, oregano, marjoram, and thyme. Simmer about 1 hour. CCP: Heat to 155° For higher for at least 15 seconds.

3. Heat water to rolling boil. Add salt

4. Slowly add spaghetti. Stir constantly, until water boils again. Cook 10-12 minutes or until tender; stir occasionally. DO NOT OVERCOOK. Drain well. Run cold water over spaghetti to cool slightly.

5. Stir into meat sauce.

6. Divide mixture equally into medium half-steamtable pans (10" x 12" x 4") which have been lightly coated with pan release spray. For 50 servings, use 3 pans. For 100 servings, use 6 pans.

7. CCP: Hold for hot service at 135° F or higher. Portion with 8 oz ladle (1 cup) per serving.

Notes

Comments:

*See Marketing Guide.

Updated July 2014. Restandardization in progress. A new nutrient analysis will be coming.

Spaghetti and Meat Sauce (Ground Beef and Ground Pork)

Makes: 50 or 100 servings

Ingredients	50 Servings		100 Servings	
	Weight	Measure	Weight	Measure
Raw ground beef (no more than 15% fat)	5 lb 8 oz		11 lb	
Raw ground pork (no more than 15% fat)	3 lb		6 lb	
*Fresh onions, chopped	8 oz	1 1/3 cups	1 lb	2 2/3 cups
OR	OR	OR	OR	OR
Dehydrated onions	1 1/2 oz	3/4 cup	3 oz	1 1/2 cups
Granulated garlic		1 Tbsp 1 1/2 tsp		3 Tbsp
Ground black or white pepper		1 1/2 tsp		1 Tbsp
Canned low-sodium tomato puree	5 lb	2 qt 1/2 cup (3/4 No. 10 can)	10 lb	1 gal 1 cup (1 1/2 No. 10 cans)
Water		2 cups		1 qt
Dried parsley		1/4 cup		1/2 cup
Dried basil		2 Tbsp		1/4 cup
Dried oregano		2 Tbsp		1/4 cup
Dried marjoram		1 Tbsp		2 Tbsp
Dried thyme		1 1/2 tsp		1 Tbsp
Salt		1 Tbsp		2 Tbsp
Water		6 gal		12 gal
Salt		2 Tbsp		1/4 cup
Whole grain-rich spaghetti, broken into thirds	4 lb 12 oz	3 qt 3 1/2 cups	9 lb 8 oz	1 gal 3 3/4 qt

Nutrition Information

Meal Components

Vegetables

_ Red & Orange	1/4 cup
_ Other	1/8 cup

Grains 1 1/2 ounces

Meat / Meat Alternate 2 ounces

Directions

1. Brown ground beef and ground pork. Drain. Continue immediately. Add onions. Cook for 5 minutes.
2. Add granulated garlic, pepper, tomato puree, water, parsley, basil, oregano, marjoram, thyme, and salt. Simmer about 1 hour. CCP: Heat to 155° F or higher for at least 15 seconds.
3. Heat water to rolling boil. Add salt.
4. Slowly add spaghetti. Stir constantly, until water boils again. Cook 10-12 minutes or until tender; stir occasionally. DO NOT OVERCOOK. Drain well. Run cold water over spaghetti to cool slightly.
5. Stir into meat sauce
6. Divide equally into medium half-steamtable pans (10" x 12" x 4") which have been lightly coated with pan release spray. For 50 servings, use 3 pans. For 100 servings, use 6 pans.
7. CCP: Hold for hot service at 135° F or higher. Portion with 8 oz ladle (1 cup) per serving.

Notes

Comments:

*See Marketing Guide.

Updated July 2014. Restandardization in progress. A new nutrient analysis will be coming.

Spanish Chickpea Stew

Rating: ★★★★★

Prep time: 15 minutes

Cook time: 25 minutes

Makes: 6 Servings

The mild spicing of cumin and paprika, the heartiness of chickpeas, the soothing taste of spinach, the slight acidity of tomatoes, and the sweetness of golden raisins, create a delicious stew that will make your mouth water.

Ingredients

3 tablespoons extra virgin olive oil
2 teaspoons Fresh garlic, minced
2 cups Fresh onions, peeled, diced
2 teaspoons Sweet paprika
1/2 teaspoon ground cumin
3 cups Frozen spinach, chopped
2 cups Canned low-sodium garbanzo beans (chickpeas), drained, rinsed
3/4 cup golden raisins
1 cup Canned low-sodium chicken stock
1 tablespoon red wine vinegar
1/4 teaspoon salt
1/4 teaspoon ground black pepper

Directions

1. In a large pot, heat olive oil over medium heat.
2. Add garlic and cook for 1 minute. Add onions and continue to cook for 2-3 minutes until onions are translucent.
3. Mix in paprika and cumin.
4. Add spinach and cook for 7 minutes.
5. Add garbanzo beans (chickpeas), raisins, tomatoes, and chicken stock. Bring to a boil.



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	241	
Total Fat	8 g	
Protein	8 g	
Carbohydrates	38 g	
Dietary Fiber	6 g	
Saturated Fat	1 g	
Sodium	156 mg	

MyPlate Food Groups

Fruits	1/4 cup
Vegetables	1/2 cup
Protein Foods	1 1/2 ounces

- 6.Reduce heat to low and simmer uncovered for 7-10minutes, or until raisins are plump.
- 7.Add vinegar, salt, and pepper. Mix well. Serve hot.

Notes

Our Story

Skyline High School is located on a beautiful 45-acre campus at the crest of the Oakland Hills in California. The recipe challenge team grew out of an existing afterschool cooking academy that teaches cooking skills and nutrition. After conducting taste tests and receiving approvals by the students, the team eventually submitted not one, but two stew recipes which were selected to be featured in this cookbook: Spanish Chickpea Stew and Sweet Potato and Black Bean Stew.

The hearty Spanish Chickpea Stew will make a delightful addition to your menu. The flavors of this stew are well-balanced by the slight acidity of the tomatoes, creating a delicious main dish when served over brown rice or whole-wheat couscous.

Skyline High School

Oakland, California

School Team Members

School Nutrition Professional: Donnie Barclift

Chef: Jenny Huston

Community Members: Rusty Hopewell (Health Center Nutritionist) and Sage Moore

Students: Karen M., Quailyn S., and Rudy R.

1 cup provides:

Legume as Meat Alternate: 1 ½ oz equivalent meat alternate, 1/8 cup dark green vegetable, ¼ cup other vegetable, and 1/8 cup fruit.

OR

Legume as Vegetable: 3/8 cup legume vegetable, 1/8 cup dark green vegetable, ¼ cup other vegetable, and 1/8 cup fruit.

Legume vegetable can be counted as either a meat alternate or as a legume vegetable but not as both simultaneously.

Spanish Chickpea Stew

Makes: 25 or 50 Servings

The mild spicing of cumin and paprika, the heartiness of chickpeas, the soothing taste of spinach, the slight acidity of tomatoes, and the sweetness of golden raisins, create a delicious stew that will make your mouth water.

[25 Servings](#)

[50 Servings](#)

Ingredients	Weight	Measure	Weight	Measure
Extra virgin olive oil		3/4 cup		1 1/2 cups
Fresh garlic, minced		2 Tbsp 2 tsp	3 oz	1/4 cup 1 1/3 Tbsp
*Fresh onions, diced	2 lb 8 oz	2 qt	5 lb	1 gal
Sweet paprika		2 Tbsp 2 tsp		1/4 cup 1 1/3 Tbsp
Ground cumin		1 1/2 tsp		1 Tbsp
Frozen spinach, chopped	2 lb 4 oz	3 qt	4 lb 8 oz	1 gal 2 qt
Canned low-sodium garbanzo beans (chickpeas), drained, rinsed	4 lb 1 oz	2 qt 2 cups (1 No. 10 can)	8 lb 2 oz	1 gal 1 qt (2 No. 10 cans)
OR	OR	OR	OR	OR
*Dry garbanzo beans (chickpeas), cooked (See Notes Section)	4 lb 1 oz	2 qt 2 cups	8 lb 2 oz	1 gal 1 qt
Golden seedless raisins	1 lb 3 oz	3 3/4 cups	2 lb 6 oz	1 qt 3 1/2 cups
Canned low-sodium diced tomatoes	1 lb 5 oz	2 1/2 cups (1/4 No. 10 can)	2 lb 10 oz	1 qt 1 cup (1/2 No. 10 can)
Low-sodium chicken stock		1 qt 2 1/4 cups		3 qt 1/2 cup
Red wine vinegar		1/4 cup		1/2 cup
Salt		1 tsp		2 tsp
Ground black pepper		1 tsp		2 tsp

Directions

1. Heat oil: Add garlic and sauté for 2-3 minutes. Add



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	241	
Total Fat	7.9 g	
Protein	7.8 g	
Carbohydrates	37.92 g	
Dietary Fiber	5.62 g	
Saturated Fat	1.1 g	
Sodium	156.06 mg	

Meal Components

Fruits	1/4 cup
Vegetables	
_ Dark Green	1/8 cup
_ Other	1/8 cup
Meat / Meat Alternate	1 1/2 ounces

onions. Continue to sauté for 5-7 minutes until the onions are translucent. For 25 servings, use a large stock pot. For 50 servings, use one roasting pan/square head pan. (20 7/8" x 17 3/8" x 7")

2. Mix in paprika and cumin.
3. Add spinach and sauté for 15 minutes.
4. Mix in garbanzo beans (chickpeas), raisins, tomatoes, and stock. Bring to a boil. Reduce heat to low. Simmer uncovered for 15 minutes or until raisins are plump.
5. Add vinegar, salt, and pepper. Mix well. Critical Control Point: Heat to 140 °F or higher for at least 15 seconds.
6. Critical Control Point: Hold at 135 °F for hot service.
7. Portion with 8 fl oz ladle (1 cup).

Notes

Our Story

Skyline High School is located on a beautiful 45-acre campus at the crest of the Oakland Hills in California. The recipe challenge team grew out of an existing afterschool cooking academy that teaches cooking skills and nutrition. After conducting taste tests and receiving approvals by the students, the team eventually submitted not one, but two stew recipes which were selected to be featured in this cookbook: Spanish Chickpea Stew and Sweet Potato and Black Bean Stew. The hearty Spanish Chickpea Stew will make a delightful addition to your menu. The flavors of this stew are well-balanced by the slight acidity of the tomatoes, creating a delicious main dish when served over brown rice or whole-wheat couscous.

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Chef: Jenny Huston

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Students: Karen M., Quailyn S., and Rudy R.

1 cup provides:

Legume as Vegetable: 3/8 cup legume vegetable, 1/8 cup dark green vegetable, 1/4 cup other vegetable, and 1/8 cup fruit.

OR

Legume as Meat Alternate: 1 1/2 oz meat alternate, 1/8 cup dark green veg., 1/4 cup other veg., and 1/4 cup fruit;

OR Legume as Vegetable: 3/8 cup legume veg., 1/8 cup dark green veg., 1/4 cup other veg., and 1/4 cup fruit

Legume vegetable can be counted as either a meat alternate or as a legume vegetable but not as both simultaneously

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

Special tip for preparing dry beans:

SOAKING BEANS

OVERNIGHT METHOD: Add 1 ¾ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.

QUICK-SOAK METHOD: Boil 1 ¾ qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with recipe.

COOKING BEANS

Once the beans have been soaked, add 1 ¾ qt water for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours.

Use hot beans immediately.

Critical Control Point: Hold for hot service at 135 °F or higher.

OR

Chill for later use.

Critical Control Point: Cool to 70 °F within 2 hours and to 40 °F or lower within an additional 4 hours.

1 lb dry garbanzo beans (chickpeas) = about 2 ½ cups dry
or 6 ¼ cups cooked garbanzo beans (chickpeas).

Spanish Chickpea Stew

Makes: 50 or 100 Servings

The mild spicing of cumin and paprika, the heartiness of chickpeas, the soothing taste of spinach, the slight acidity of tomatoes, and the sweetness of golden raisins, create a delicious stew that will make your mouth water.

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Extra virgin olive oil		1 1/2 cups		3 cups
Fresh garlic, minced	3 oz	1/4 cup 1 1/3 Tbsp	6 oz	1/2 cup 2 2/3 Tbsp
*Fresh onions, diced	5 lb	1 gal	10 lb	2 gal
Sweet paprika		1/4 cup 1 1/3 Tbsp		1/2 cup 2 2/3 Tbsp
Ground cumin		1 Tbsp		2 Tbsp
Frozen spinach, chopped	4 lb 8 oz	1 gal 2 qt	9 lb	3 gal
Canned low-sodium garbanzo beans (chickpeas), drained, rinsed	8 lb 2 oz	1 gal 1 qt (2 No. 10 cans)	16 lb 4 oz	2 gal 2 qt (4 No. 10 cans)
OR	OR	OR	OR	OR
*Dry garbanzo beans (chickpeas), cooked (See Notes Section)	8 lb 2 oz	1 gal 1 qt	16 lb 4 oz	2 gal 2 qt
Golden seedless raisins	2 lb 6 oz	1 qt 3 1/2 cups	4 lb 12 oz	3 qt 3 cups
Canned low-sodium diced tomatoes	2 lb 10 oz	1 qt 1 cup (1/2 No. 10 can)	5 lb 4 oz	2 qt 2 cups (1 No. 10 can)
Low-sodium chicken stock		3 qt 1/2 cup		1 gal 2 1/4 qt
Red wine vinegar		1/2 cup		1 cup
Salt		2 tsp		1 Tbsp 1 tsp
Ground black pepper		2 tsp		1 Tbsp 1 tsp

Directions



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	241	
Total Fat	7.9 g	
Protein	7.8 g	
Carbohydrates	37.92 g	
Dietary Fiber	5.62 g	
Saturated Fat	1.1 g	
Sodium	156.06 mg	

Meal Components

Fruits	1/4 cup
Vegetables	
_ Dark Green	1/8 cup
_ Other	1/4 cup
Meat / Meat Alternate	1 1/2 ounces

1. Heat oil: Add garlic and sauté for 2-3 minutes. Add onions. Continue to sauté for 5-7 minutes until the onions are translucent. For 25 servings, use a large stockpot. For 50 servings, use one roasting pan/square head pan. (20 7/8" x 17 3/8" x 7").
2. Mix in paprika and cumin.
3. Add spinach and sauté for 15 minutes.
4. Mix in garbanzo beans (chickpeas), raisins, tomatoes, and stock. Bring to a boil. Reduce heat to low. Simmer uncovered for 15 minutes or until raisins are plump.
5. Add vinegar, salt, and pepper. Mix well. Critical Control Point: Heat to 135 °F or higher for at least 15 seconds.
6. Critical Control Point: Hold at 135 °F for hot service.
7. Portion with 8 fl oz ladle (1 cup).

Notes

Our Story

Skyline High School is located on a beautiful 45-acre campus at the crest of the Oakland Hills in California. The recipe challenge team grew out of an existing afterschool cooking academy that teaches cooking skills and nutrition. After conducting taste tests and receiving approvals by the students, the team eventually submitted not one, but two stew recipes which were selected to be featured in this cookbook: Spanish Chickpea Stew and Sweet Potato and Black Bean Stew.

The hearty Spanish Chickpea Stew will make a delightful addition to your menu. The flavors of this stew are well-balanced by the slight acidity of the tomatoes, creating a delicious main dish when served over brown rice or whole-wheat couscous.

Skyline High School

Oakland, California

School Team Members

School Nutrition Professional: Donnie Barclift

Chef: Jenny Huston

Community Members:

Rusty Hopewell (Health Center Nutritionist) and Sage Moore

Students: Karen M., Quailyn S., and Rudy R.

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

Special tip for preparing dry beans:

SOAKING BEANS

OVERNIGHT METHOD: Add 1 $\frac{3}{4}$ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.

QUICK-SOAK METHOD: Boil 1 $\frac{3}{4}$ qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with recipe.

COOKING BEANS

Once the beans have been soaked, add 1 $\frac{3}{4}$ qt water for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours. Use hot beans immediately.

Critical Control Point: Hold for hot service at 135 °F or higher.

OR

Chill for later use.

Critical Control Point: Cool to 70 °F within 2 hours and to 40 °F or lower within an additional 4 hours.

1 lb dry garbanzo beans (chickpeas) = about 2 $\frac{1}{2}$ cups dry or 6 $\frac{1}{4}$ cups cooked garbanzo beans (chickpeas).

1 cup (8 fl oz ladle) provides:

Legume as Meat Alternate: 1 $\frac{1}{2}$ oz equivalent meat alternate, $\frac{1}{8}$ cup dark green vegetable, $\frac{1}{4}$ cup other vegetable, and $\frac{1}{4}$ cup fruit.

OR

Legume as Vegetable: $\frac{3}{8}$ cup legume vegetable, $\frac{1}{8}$ cup dark green vegetable, $\frac{1}{4}$ cup other vegetable, and $\frac{1}{4}$ cup fruit.

Legume vegetable can be counted as either a meat alternate or as a legume vegetable but not as both simultaneously.

Spanish Rice

Makes: 50 or 100 servings

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Vegetable oil		2 Tbsp		1/4 cup
*Fresh onions, chopped	7 1/2 oz	1 1/4 cups	15 oz	2 1/2 cups
OR	OR	OR	OR	OR
Dehydrated onions	1 1/2 oz	1/2 cup	3 oz	1 cup
*Fresh green pepper, chopped	6 oz	1 1/4 cups	12 oz	2 1/2 cups
*Fresh celery, chopped	8 oz	2 cups	1 lb	1 qt
Beef stock, non-MSG or water		1 qt 2 cups		3 qt
Chili powder		1 Tbsp		2 Tbsp
Ground cumin		2 1/4 tsp		1 Tbsp 1 1/2 tsp
Paprika		3/4 tsp		1 1/2 tsp
Onion powder		3/4 tsp		1 1/2 tsp
Brown rice, long grain, regular	1 lb 11 oz	1 qt	3 lb 6 oz	2 qt
OR	OR	OR	OR	OR
Brown rice, long grain, parboiled	1 lb 13 oz	1 qt 3/4 cup	3 lb 10 oz	2 qt 1 1/2 cups
Salt		2 tsp		1 Tbsp 1 tsp
Ground black or white pepper		1 tsp		2 tsp
Canned low-sodium added diced tomatoes, with juice	1 lb 3 1/2 oz	1 3/4 cups	2 lb 7 oz	3 1/2 cups
Canned low-sodium added tomato paste	7 oz	3/4 cup 1 Tbsp	14 oz	1 1/2 cups 2 Tbsp
Water		1 cup		2 cups

Nutrition Information

Meal Components

Vegetables

Red & Orange 1/8 cup

Grains 1/2 ounce

Directions

1. Heat oil. Add onions, green peppers, and celery. Cook

for 5 minutes

2. Add beef stock or water and seasonings. Bring to boil
3. Stir in rice, salt, and pepper. Return to boil. Boil for 5 minutes. Reduce heat and cover tightly. Cook over low heat for 10 minutes. CCP: Heat to 135° F or higher for at least 15 seconds.
4. Stir in diced tomatoes, tomato paste, and water. Cook over low heat for 10-15 minutes. Pour 8 lb (about 1 gallon $\frac{3}{4}$ cup) into a steamtable pan (12" x 20" x 2 $\frac{1}{2}$ ") which has been lightly coated with pan release spray. For 50 servings, use 1 pan. For 100 servings, use 2 pans.
5. CCP: Hold for hot service at 135° F or higher. Portion with No. 12 scoop ($\frac{1}{2}$ cup).

Notes

Comments:

*See Marketing Guide.

†Mexican Seasoning Mix (see G-01A, Sauces, Gravies, and Seasonings Mixes) may be used to replace these ingredients. For 50 servings, use 2 Tbsp 1 tsp Mexican Seasoning Mix. For 100 servings, use $\frac{1}{4}$ cup 1 $\frac{1}{2}$ tsp Mexican Seasoning Mix.

A new nutrient analysis will be coming. Updated July 2014. Restandardization in progress.

Spice Cake

Makes: 50 or 100 servings

Ingredients	50 Servings		100 Servings	
	Weight	Measure	Weight	Measure
Enriched all-purpose flour	1 lb 14 oz	1 qt 3 cups	3 lb 12 oz	3 qt 2 cups
Sugar	1 lb 14 oz	1 qt 1/4 cup	3 lb 12 oz	2 qt 1/2 cup
Instant nonfat dry milk	2 1/2 oz	1 cup	5 oz	2 cups
baking powder		3 1/2 Tbsp 1/4 tsp	3 oz	1/4 cup 3 1/3 Tbsp
Salt		1 1/2 tsp		1 Tbsp
Cocoa		1 Tbsp 1 1/2 tsp		3 Tbsp
Ground cloves		3/4 tsp		1 1/2 tsp
Ground cinnamon		2 tsp		1 Tbsp 1 tsp
Frozen whole eggs, thawed	14 oz	1 2/3 cups	1 lb 12 oz	3 1/3 cups
OR		OR		OR
Fresh large eggs (see Special Tip)		8 each		16 each
Vanilla		1 Tbsp		2 Tbsp
Water		3 cups		1 qt 2 cups
Shortening	13 oz	2 cups	1 lb 10 oz	1 qt
Uncooked dehydrated plums (prunes), finely chopped	1 lb	3 cups	2 lb	1 qt 2 cups
OR	OR	OR	OR	OR
**Raisins, plumped (see Comments)	1 lb	2 1/2 cups	2 lb	1 qt 1 cup
Chopped nuts (optional)	8 oz	1 3/4 cups 2 Tbsp	1 lb	3 3/4 cups

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	233	
Total Fat	8.42 g	
Protein	3.54 g	
Carbohydrates	36.91 g	
Dietary Fiber	1.2 g	
Saturated Fat	2.14 g	
Sodium	178 mg	

Meal Components

Grains	1 ounce
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Directions

1. Blend flour, sugar, dry milk, baking powder, salt, cocoa, cloves, and cinnamon in mixer for 1 minute on low speed.
2. Combine eggs, vanilla, and water. Add shortening and

about half the liquid mixture to dry ingredients. Blend for 30 seconds on low speed. Beat for 6 minutes on medium speed.

3. Add remaining liquid mixture. Blend for 30 seconds on low speed. Beat for 2 minutes on medium speed. Add dehydrated plums or raisins and nuts (optional). Blend for 1 minute on low speed.

4. Pour 8 lb 1 oz (1 gal 3 cups) batter into each sheet pan (18" x 26" x 1") which has been lightly coated with pan release spray and dusted with flour. For 50 servings, use 1 pan. For 100 servings, use 2 pans.

5. Bake until lightly browned: Conventional oven: 375° F for 35 minutes. Convection oven: 325° F for 25 minutes.

6. Cool. If desired, frost or lightly dust with powdered sugar.

7. Cut each pan 5 x 10 (50 pieces per pan).

Notes

- Comments:
 - ******To plump raisins, cover the fruit with very hot tap water. Soak 2-5 minutes. DO NOT OVERSOAK. Drain well before using.
- Special Tip:
 - For 50 servings, use 4 oz (1? cups) dried whole eggs and 1 ? cups water in place of eggs.
 - For 100 servings, use 8 oz (2? cups) dried whole eggs and 2 ? cups water in place of eggs.

Spice Icing

Makes: 50 or 100 Servings

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Powdered sugar	1 lb	1 qt	2 lb	2 qt
Salt		1/2 tsp		1 tsp
Instant nonfat dry milk	1 oz	2 Tbsp	2 oz	1/4 cup
Ground cinnamon		1 tsp		2 tsp
Ground nutmeg		1/8 tsp		1/4 tsp
Ground ginger		1/8 tsp		1/4 tsp
Margarine or butter	3 oz	1/4 cup 2 Tbsp	6 oz	3/4 cup
Water		1/4 cup		1/2 cup
Vanilla		1 1/2 tsp		1 Tbsp

Directions

1. Combine powdered sugar, salt, dry milk, cinnamon, nutmeg, and ginger in mixer with paddle attachment for 1 minute on low speed.
2. Add margarine or butter and mix for 5 minutes on low speed. Scrape down sides of bowl.
3. Slowly add water and vanilla. Mix for 5 minutes on medium speed, until light and fluffy.
4. Use 1 lb 4 oz (2 cups) for each steamtable pan (12" x 20" x 2 1/2").

Notes

A new nutrient analysis will be coming. Updated July 2014. Restandardization in progress.

Spiced Apple Topping

Makes: 1 or 2 servings

	1 Servings		2 Servings	
Ingredients	Weight	Measure	Weight	Measure
Trans fat-free margarine	2 oz	1/4 cup	4 oz	1/2 cup
Honey	1 lb 8 oz	3 cups	3 lb	1 qt 2 cups
Apple juice		1 qt 1 1/2 cups		2 qt 3 cups
Cornstarch	2 1/4 oz	1/2 cup	4 1/2 oz	1 cup
Ground cinnamon		1 Tbsp		2 Tbsp
Ground nutmeg		1 1/2 tsp		1 Tbsp
Vanilla		2 tsp		1 Tbsp 1 tsp
Canned, unsweetened, sliced apples, drained	4 lb 2 oz	2 qt (2/3 No. 10 can)	8 lb 4 oz	1 gal (1 1/3 No. 10 cans)

Directions

1. Melt margarine and honey in stock pot or steam-jacketed kettle.
2. Dissolve cornstarch in apple juice. Add cinnamon and nutmeg.
3. Add apple juice mixture to honey and margarine. Stir constantly until it comes to a boil and the mixture is thickened and smooth.
4. Add drained apples and vanilla to mixture and simmer for 10 minutes to develop flavor. No CCP necessary.

Notes

Special Tips:

- 1.) For each 1 gallon, add 1 cup of raisins to the apples for a more flavorful topping.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	92	
Total Fat	1.17 g	
Protein	0.2 g	
Carbohydrates	21.7 g	
Dietary Fiber	1.1 g	
Saturated Fat	0.24 g	
Sodium	13 mg	

Meal Components

Fruits	1/4 cup
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2.) Serve over waffles, pancakes, or ice cream.

Spicy Broccoli and Friends

Prep time: 20 minutes

Cook time: 10 minutes

Makes: 6 Servings

Ingredients

1/2 cup Onions, slivered
1/2 cup Green peppers, slivered
2 1/2 cups Broccoli, bite size pieces
2 cups Cauliflower, bite size pieces
1 tablespoon Hoisin sauce
1 tablespoon Soy Sauce, low salt
1/2 teaspoon garlic powder
1/2 teaspoon crushed red pepper
1/4 teaspoon cayenne pepper
2 ounces White cooking wine
1/4 cup celery, chopped
1/2 cup Pea pods, fresh
1 tablespoon olive oil



Directions

1. Fill a large pot 1/2 full of water. Bring to a boil. Add carrots and cook for 3 minutes. Add cauliflower and broccoli and cook for another 3 minutes.
 2. Heat oil in large saute pan or wok until just below smoking point. Add all vegetables to pan and fry for 3 minutes until tender. Add all seasonings and sauces. Blend well.
 3. Serve hot.
- Almond-Bancroft Schools (Recipes for Healthy Kids Competition)

Spinach Strawberry Splash Salad

Prep time: 20 minutes

Makes: 6 Servings

Ingredients

1/2 teaspoon Salad Dressing Mix, Italian
2 1/4 teaspoons balsamic vinegar
2 1/2 teaspoons water
3/4 teaspoon vegetable oil
1 teaspoon Strawberry Sugar Free Preserves
6 cups Spinach, Raw, Washed, Ready to Eat
1/2 cup Mandarin Oranges, Cn, Lt Syrup
3/4 cup Strawberries, raw, sliced
1 tablespoon Feta cheese, crumbled
1 1/4 cups Croutons, Seasoned



Directions

1. Prepare dressing: Microwave strawberry preserves until warm and slightly runny. Mix preserves, salad dressing mix, balsamic vinegar, and vegetable oil. Use a mixer or a blender for best results. Set aside.
2. Toss spinach, mandarin oranges, and strawberries lightly to make the salad mix. Just before service, toss the salad mix, dressing, and feta cheese.
3. Provide croutons on the side. Refrigerate for 2 hours. Garnish with fresh sliced oranges, if desired and serve.

Notes

Serving Size: 1 cup

Serving Tips:

The dressing can be made ahead and placed in a

refrigerator for up to one week. It is recommended the dressing be made at least one day in advance for maximum flavor.

Squish Squash Lasagna

Prep time: 30 minutes

Cook time: 1 hour, 35 minutes

Makes: 6 Servings

This savory recipe is made with a slightly sweet tomato sauce deliciously tucked between layers of whole-wheat lasagna noodles, butternut squash, and spinach, all nestled under part-skim mozzarella cheese.

Ingredients

- 1/4 teaspoon** canola oil
- 3/4 cup** Fresh onions, peeled, diced
- 2 teaspoons** Fresh garlic, minced
- 1 1/2 cups** Canned low-sodium diced tomatoes
- 1/4 teaspoon** dried oregano
- 1/4 teaspoon** dried thyme
- 1/4 teaspoon** dried basil
- 8** Whole-wheat lasagna sheets, no boil, 3 1/2" x 7" sheets
- 1 1/4 cups** Fresh spinach, julienne cut "shoestring strips" 1/8"
- 1** Fresh medium butternut squash, peeled, seeded, sliced 1/4" (1 medium)
- 3/4 cup** Low-fat mozzarella cheese, low moisture, part skim, shredded (3 oz)

Directions

1. Preheat oven to 350 °F.
2. Heat canola oil in a medium pot over medium-high heat. Add onions, and garlic. Cook for 2-3 minutes or until tender. Add tomatoes, oregano, thyme, and basil. Reduce heat to low and simmer, uncovered, for 30 minutes, stirring occasionally. Add 1/2 cup water. Mix well.
3. Divide sauce into 3 equal parts (about 3/4 cup each) and set aside for step 6.
4. Place pasta sheets in a bowl filled with hot water for 5 minutes. Remove sheets as needed to assemble



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	175	
Total Fat	4 g	
Protein	8 g	
Carbohydrates	29 g	
Dietary Fiber	5 g	
Saturated Fat	2 g	
Sodium	83 mg	

MyPlate Food Groups

Vegetables	3/4 cup
Grains	1 ounce
Dairy	1/2 cup

lasagna.

5. Spray bottom and sides of an 8" x 8" nonstick baking pan with nonstick cooking spray.

6. To Assemble:

a. Place 4 lasagna sheets overlapping, covering the bottom of the pan

b. Cover evenly with about $\frac{3}{4}$ cup tomato sauce

c. Spread half of the spinach (about $\frac{3}{4}$ cup) evenly over sauce

d. Place 11 slices of squash on top of spinach, slightly overlapping

e. Repeat layering steps a-d

f. Cover with remaining sauce (about $\frac{3}{4}$ cup)

Cover tightly with aluminum foil and bake at 350 °F for 50 minutes or until squash is fork-tender.

7. Remove lasagna from oven. Sprinkle cheese evenly over top.

8. Bake uncovered for 5 minutes or until cheese melts and browns slightly.

9. Remove lasagna from oven and allow to rest for 15 minutes before serving.

10. Cut into 6 even pieces. Serve hot.

Notes

Our Story

The team from Liberty Elementary School wanted to create a tasty recipe that would be enjoyed by kids. They started the recipe development process by sending survey questions to students in 4th and 5th grades. With feedback from students, they developed Squish Squash Lasagna.

This tantalizing dish features butternut squash, a deep orange-colored winter squash with a sweet, nutty taste similar to pumpkin that children are sure to enjoy. After sampling the Squish Squash Lasagna recipe, many students returned for second helpings. That's when the team knew that the Squish Squash Lasagna recipe was a hit. Give your kids some excitement by serving this mouthwatering main dish at mealtime!

Liberty Elementary School

Powell, Ohio

School Team Members

School Nutrition Professional:

Jackie Billman

Chef: Jeff Lindemeyer (Executive Chef, Cameron Mitchell Restaurants)

Community Members: Nicole Hancock and Michelle Lounsbury

Students: Tori L., Alexis H., Leah L., and Buddy F.

Recipes for Healthy Kids Cookbook for Homes

Squish Squash Lasagna

Makes: 50 or 100 Servings

This savory recipe is made with a slightly sweet tomato sauce deliciously tucked between layers of whole-wheat lasagna noodles, butternut squash, and spinach, all nestled under part-skim mozzarella cheese.

[50 Servings](#)

[100 Servings](#)

Ingredients	Weight	Measure	Weight	Measure
*Fresh onions, diced	1 lb 8 oz	1 qt 3/4 cups	3 lb	2 qt 1 1/2 cups
Fresh garlic, minced	3 oz	1/4 cup 1 1/2 tsp	6 oz	1/2 cup 1 Tbsp
Canola oil		2 tsp		1 Tbsp 1 tsp
Canned low-sodium diced tomatoes	6 lb 4 oz	3 qt (1 No. 10 can)	12 lb 8 oz	6 qt (2 No. 10 cans)
Dried oregano		1 1/2 tsp		1 Tbsp
Dried thyme		1 1/2 tsp		1 Tbsp
Dried basil		1 1/2 tsp		1 Tbsp
Whole-wheat lasagna sheets, no-boil, 3 1/2" x 7" sheets	2 lb 6 1/4 oz	64 sheets	4 lb 12 3/4 oz	128 sheets
*Fresh butternut squash, peeled, sliced 1/4"	9 lb 4 oz	140 slices	18 lb 8 oz	280 slices
*Fresh spinach, sliced 1/8"	1 lb	1 qt 2 1/2 cups	2 lb	3 qt 1 cups
Low-fat mozzarella cheese, low-moisture, part-skim, shredded	1 lb 9 oz	1 qt 2 1/4 cups	3 lb 2 oz	3 qt 1/2 cups

Directions

1. To make tomato sauce, sauté onions and garlic in oil for 2-3 minutes. Add tomatoes, oregano, thyme, and basil. Simmer over low heat, uncovered, for 30 minutes, stirring occasionally.
2. Place pasta sheets in hot water for 7-10 minutes.



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	175.41	
Total Fat	3.72 g	
Protein	7.59 g	
Carbohydrates	29.05 g	
Dietary Fiber	4.94 g	
Saturated Fat	1.58 g	
Sodium	83.24 mg	

Meal Components

Vegetables

- _ Red & Orange 5/8 cup
- _ Other 1/8 cup

Grains 3/4 ounce

Meat / Meat Alternate 1/2 ounce

Remove sheets as dish is assembled.

3. Assembly: Lightly coat steam table pan (12"x20"x2 1/2") with pan release spray. For 50 servings, use 2 pans. For 100 servings use 4 pans. Spread ingredients evenly across each pan.

4. First Layer: a. 16 lasagna sheets, slightly overlapping about 1". b. 2 ½ cups tomato sauce (about 1 lb 2 oz). c. about 2 1/2 cups spinach (4 oz). d. 2 lb 5 oz squash slightly overlapping (35 slices)

5. Second layer: Repeat first layer

6. Third layer: 2 ½ cups tomato sauce (about 1 lb 2 oz)

7. Cover with foil and bake until squash is fork tender:
Conventional oven: 350 °F for 60-75 minutes
Convection oven: 350 °F for 40-55 minutes

8. Remove from oven. Sprinkle 12 1/2 oz (3 1/8 cups) cheese evenly over each pan of lasagna.

9. Bake uncovered until cheese starts to brown slightly:
Conventional oven: 350 °F for 15 minutes
Convection oven: 350 °F for 10 minutes
Critical Control Point: Heat to 135 °F or higher for at least 15 seconds.

10. Remove from oven and allow to set for 15 minutes before serving.

11. Critical Control Point: Hold for hot service at 135 °F or higher.

12. Portion: Cut each pan 5 x 5 (25 pieces per pan).

Notes

Our Story

The team from Liberty Elementary School wanted to create a tasty recipe that would be enjoyed by kids. They started the recipe development process by sending survey questions to students in 4th and 5th grades. With feedback from students, they developed Squish Squash Lasagna. This tantalizing dish features butternut squash, a deep orange-colored winter squash with a sweet, nutty taste similar to pumpkin that children are sure to enjoy. After

sampling the Squish Squash Lasagna recipe, many students returned for second helpings. That's when the team knew that the Squish Squash Lasagna recipe was a hit. Give your kids some excitement by serving this mouthwatering main dish at mealtime!

Liberty Elementary School

Powell, Ohio

School Team Members

School Nutrition Professional: Jackie Billman

Chef: Jeff Lindemeyer (Executive Chef, Cameron Mitchell Restaurants)

Community Members: Nicole Hancock and Michelle Lounsbury

Students: Tori L., Alexis H., Leah L., and Buddy F.

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Stir-Fried Green Rice, Eggs, and Ham (Turkey Ham)

Makes: 50 or 100 Servings

Inspired by a popular children's book with a similar title, this hot main dish creatively combines brown rice, spinach, eggs, and turkey ham to create a great wholesome meal that satisfies the pickiest of eaters.

[50 Servings](#)

[100 Servings](#)

Ingredients	Weight	Measure	Weight	Measure
Water		1 gal 2 1/2 qt		3 gal 1 qt
Brown rice, long-grain, regular, dry	5 lb 10 oz	3 qt 2 cups	11 lb 4 oz	1 gal 3 qt
Salt		2 1/2 tsp		1 Tbsp 2 tsp
Liquid eggs OR Fresh large eggs, beaten		1 qt 1 cup OR 24		2 qt 2 cups OR 48
Vegetable oil		1/2 cup 2 Tbsp		1 1/4 cups
Extra-lean turkey ham, diced 1/4"	1 lb 8 oz	1 qt	3 lb	2 qt
*Fresh green onions, diced	10 oz	1 qt	1 lb 4 oz	2 qt
Frozen chopped spinach, thawed, drained OR *Fresh spinach, chopped	3 lb OR 5 lb	1 qt 2 cups OR 2 gal	6 lb OR 10 lb	3 qt OR 4 gal
Sesame Oil		2 Tbsp 2 tsp		1/3 cup
Low-sodium soy sauce		2 Tbsp		1/4 cup



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	238.44	
Total Fat	7.09 g	
Protein	8.76 g	
Carbohydrates	34.96 g	
Dietary Fiber	3.24 g	
Saturated Fat	1.36 g	
Sodium	312.64 mg	

Meal Components

Grains	1 1/2 ounces
Meat / Meat Alternate	1 ounce

Directions

1. Boil water.

2. Place 2 lb 13 oz brown rice in each steam table pan (12" x 20" x 2 ½"). For 50 servings, use 2 pans. For 100 servings, use 4 pans.
3. Pour boiling water (3 qt 1 cup per steam table pan) over brown rice. Stir. Cover pans tightly.
4. Bake: Conventional oven: 350 °F for 40 minutes
Convection oven: 325 °F for 40 minutes
5. Remove from oven and let stand covered for 5 minutes.
6. Add salt to brown rice. Mix well. Set aside.
7. Whisk eggs and water. For 50 servings, ½ cup water.
For 100 servings, 1 cup water.
8. Lightly coat pan with pan release spray. Cook half of egg mixture. Chop and set aside for step 12. Reserve other half of egg mixture for step 11.
9. Sauté ham in vegetable oil over high heat for 2 minutes or until ham begins to brown.
10. Reduce heat to medium. Mix in brown rice.
11. Add remaining egg mixture. Stir frequently for about 5 minutes, or until cooked.
12. Mix in onions, spinach, chopped egg, sesame oil, and soy sauce. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
13. Critical Control Point: Hold for hot service at 135 °F or higher.
14. Portion with 8 fl oz spoodle (1 cup).

Notes

Our Story

A local restaurant owner and chef worked with the recipe challenge team comprised of students from McDougle Elementary School and Culbreth Middle School. The team developed this recipe using the chef's cooking style, consisting of North Carolina ingredients and Asian-inspired flavors. Stir-Fried Green Rice, Eggs, and Ham is a beautifully presented and colorful dish that will be an

instant kids' favorite, not only due to the recipe's name, but also its taste!

Mcdougle Elementary School/Culbreth Middle School

Chapel Hill, North Carolina

School Team Members

School Nutrition Professional: Ryan McGuire

Chef: Andrea Reusing (Owner, Lantern Restaurant)

Community Members: Joe Palladino (Cafeteria Manager at Culbreth Middle School) and Liz Cartano (District Manager of the Food and Nutrition Department for Chapel Hill Carrboro City Schools)

Student: Bridget P.

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Stir-Fry Fajita Chicken, Squash, and Corn

Prep time: 30 minutes

Cook time: 1 hour, 0 minutes

Makes: 6 Servings

This main dish creatively combines southwest spices with an Asian cooking style, blending the flavors of locally grown produce with fajita chicken strips, all stir-fried to perfection.

Ingredients

- 1 3/4 cups** Brown rice, long-grain, regular, dry
- 1 1/2 teaspoons** Salt-free chili-lime seasoning blend
- 1/4 teaspoon** Granulated Garlic
- 1 tablespoon** Fresh cilantro, chopped
- 2 tablespoons** canola oil
- 1 cup** Fresh onions, peeled, diced
- 16 ounces** Cooked fajita chicken strips (16 oz)
- 3 1/2 cups** Fresh butternut squash, peeled, seeded, diced 1/2"
- 1/2 cup** Fresh red bell peppers, seeded, diced
- 1 cup** Frozen corn, thawed
- 1/2 cup** Canned diced green chilies
- 1/2 cup** Canned low-sodium diced tomatoes
- 1/2 teaspoon** ground black pepper
- 3/4 teaspoon** ground cumin
- 1/4 teaspoon** garlic powder

Directions

1. Combine brown rice and 4 1/2 cups water in a large pot and bring to a rolling boil. Turn heat down to low. Cover and cook until water is absorbed, about 30-40 minutes. Sprinkle with 1/2 tsp salt-free seasoning blend, granulated garlic, and cilantro. Mix well. Keep warm. A rice cooker may be used with the same quantity of brown rice and



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	396.34	
Total Fat	10.01 g	
Protein	19.52 g	
Carbohydrates	58.87 g	
Dietary Fiber	7.06 g	
Saturated Fat	1.69 g	
Sodium	574.4 mg	

MyPlate Food Groups

Vegetables	3/4 cup
Grains	1 ounce
Protein Foods	1 1/2 ounces

water.

2. Heat canola oil in a large skillet or a wok. Cook onions for 2 minutes or until translucent.

3. Add chicken, squash, and remaining salt-free seasoning blend. Stir-fry over high heat for 10 minutes or until squash is tender.

4. Add red peppers, corn, green chilies, tomatoes, pepper, cumin, and garlic powder. Stir-fry over medium-high heat for no longer than 2 minutes so vegetables will remain crunchy. Do not overcook. Reduce heat to low and let simmer 2 minutes.

Serve hot.

Notes

Our Story

On the Navajo Indian Reservation in Arizona, Monument Valley High School is part of the Kayenta Unified School District. For the recipe challenge, two student teams worked together to help prepare and sample dishes.

The team ultimately developed Stir-Fry Fajita Chicken, Squash, and Corn. This dish combines the sweet flavor of butternut squash with onions, corn, red peppers, and diced chilies brought together with a blend of spices and diced tomatoes. Stir-Fry Fajita Chicken, Squash, and Corn uses the natural flavors from vegetables and spices to make a savory meal, which can only be matched by the aroma produced when cooking.

Monument Valley High School

Kayenta, Arizona

School Team Members

School Nutrition Professional: Cathy Getz

Chef: Paul Gray (Head Cook, Anasazi Inn)

Community Members: Samantha J. Interpreter, RD, Lieutenant United States Public Health Service RDF-5 and Mike Williams

Students: Kevin B. and Brett B.

Recipes for Healthy Kids Cookbook for Homes

Stir-Fry Fajita Chicken, Squash, and Corn

Makes: 50 or 100 Servings

This main dish creatively combines southwest spices with an Asian cooking style, blending the flavors of locally grown produce with fajita chicken strips, all stir-fried to perfection.

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Water		1 gal 2 qt		3 gal
Brown rice, long-grain, regular, dry	6 lb	3 qt 3 cups	12 lb	1 gal 3 1/2 qt
Granulated garlic		2 tsp		1 Tbsp 1 tsp
Salt-free chili-lime seasoning blend		1/4 cup 2 tsp		1/2 cup 1 1/3 Tbsp
Fresh cilantro, chopped		1/2 cup		1 cup
Canola oil		1 cup		2 cups
*Fresh onions, diced	2 lb	1 qt 2 1/4 cups	4 lb	3 qt 1/2 cup
Frozen, cooked fajita chicken strips, thawed	8 lb	2 gal	16 lb	4 gal
*Fresh butternut squash, peeled, cubed 1/2"	8 lb	1 gal 2 1/2 qt	16 lb	3 gal 1 qt
*Fresh red bell peppers, diced 1/2"	2 lb	1 qt 2 cups	4 lb	3 qt
Frozen corn, thawed, drained	4 lb	2 qt 3 cups	8 lb	1 gal 1 1/2 qt
Canned, diced green chilies	2 lb	1 qt (1 No. 10 can)	4 lb	2 qt (2 No. 10 cans)
Canned low-sodium diced tomatoes	2 lb 4 oz	1 qt 1/2 cup (1/2 No. 10 can)	4 lb 8 oz	2 qt 1 cup (1 No. 10 can)
Ground black pepper		1 Tbsp 1 tsp		2 Tbsp 2 tsp
Ground cumin		2 Tbsp		1/4 cup
Garlic powder		1 Tbsp 1 tsp		2 Tbsp 2 tsp



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	396.43	
Total Fat	10.01 g	
Protein	19.52 g	
Carbohydrates	58.87 g	
Dietary Fiber	7.06 g	
Saturated Fat	1.69 g	
Sodium	574.4 mg	

Meal Components

Vegetables

_ Starchy	1/8 cup
_ Red & Orange	3/8 cup
_ Other	1/4 cup

Grains 1 ounce

Meat / Meat Alternate 1 1/4 ounces

Directions

1. Boil water.
2. Place 3 lb brown rice in each steam table pan (12" x 20" x 2 ½"). For 50 servings, use 2 pans. For 100 servings, use 4 pans.
3. Pour water (3 quarts per steam table pan) over brown rice. Stir. Cover pans tightly.
4. Bake: Conventional oven: 350 °F for 40 minutes
Convection oven: 325 °F for 40 minutes
5. Remove from oven and let stand covered for 5 minutes.
6. Sprinkle brown rice with granulated garlic and half of salt-free seasoning, reserving the other half for step 8. Mix well. Fold in cilantro. Critical Control Point: Hold at 135 °F or higher.
7. Heat oil in a roasting pan/square head pan (20 7/8" x 17 3/8" x 7") on top of stove. Sauté onions for 2-3 minutes.
8. Add chicken, squash, and remaining salt-free seasoning. Stir-fry over high heat for 10 minutes or until squash is tender.
9. Add red peppers, corn, green chilies, tomatoes, black pepper, cumin, and garlic powder. Continue to stir-fry over medium-high heat for no more than 7 minutes to maintain crunchiness of vegetables. DO NOT OVERCOOK.
10. Reduce heat to low and simmer for 2 minutes.
Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
11. Critical Control Point: Hold for hot service at 135 °F or higher.
12. Portion 6 fl oz spoodle (¾ cup) stir-fry over No. 8 scoop (½ cup) brown rice.

Notes

Our Story

On the Navajo Indian Reservation in Arizona, Monument Valley High School is part of the Kayenta

Unified School District. For the recipe challenge, two student teams worked together to help prepare and sample dishes.

The team ultimately developed Stir-Fry Fajita Chicken, Squash, and Corn. This dish combines the sweet flavor of butternut squash with onions, corn, red peppers, and diced chilies brought together with a blend of spices and diced tomatoes. Stir-Fry Fajita Chicken, Squash, and Corn uses the natural flavors from vegetables and spices to make a savory meal, which can only be matched by the aroma produced when cooking.

Monument Valley High School

Kayenta, Arizona

School Team Members

School Nutrition Professional: Cathy Getz

Chef: Paul Gray (Head Cook, Anasazi Inn)

Community Members: Samantha J. Interpreter, RD, Lieutenant United States Public Health Service RDF-5 and Mike Williams

Students: Kevin B. and Brett B.

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Stir-Fry Sauce

Makes: 50 or 100 servings

50 Servings		100 Servings	
Ingredients	Weight	Measure	Measure
Low-sodium soy sauce		1 cup	2 cups
Cornstarch	4 oz	3/4 cup 2 Tbsp	1 3/4 cups
Ground ginger		1/2 tsp	1 tsp
Granulated garlic		3 Tbsp	1/4 cup 2 Tbsp
Ground black or white pepper		2 tsp	1 Tbsp 1 tsp
Sesame oil (optional)		1/4 cup	1/2 cup
Beef, chicken, or vegetable stock, non-MSG		2 qt	1 gal

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	15	
Total Fat	0.07 g	
Protein	0.47 g	
Carbohydrates	3.12 g	
Dietary Fiber	0.1 g	
Saturated Fat	0.02 g	
Sodium	204 mg	

Directions

1. Dissolve cornstarch in soy sauce. Add ginger, granulated garlic, pepper, and sesame oil (optional) to this mixture.
2. Heat beef, chicken, or vegetable stock in pot to the boiling point. CCP: Heat to 165° F or higher for at least 15 seconds.
3. Slowly stir in corn starch-soy sauce mixture and return to boil. Continue cooking until sauce is smooth and thickened. Remove from heat. Use immediately. CCP: Hold for hot service at 135° F or higher.

Notes

Special Tip:

Makes an excellent dressing for a vegetable stir-fry. Use 1 qt of sauce for each 12 lb of vegetables.

Stromboli

Makes: 50 or 100 servings

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Active dry yeast (see Special Tip)		2 Tbsp 1 1/2 tsp	2 oz	1/4 cup 1 Tbsp
Water, warm (110° F)		3 cups		1 qt 2 cups
Enriched all-purpose flour	2 lb 10 oz	2 qt 2 cups	5 lb 4 oz	1 gal 1 qt
Vegetable oil		1/4 cup		1/2 cup
Salt		1 tsp		2 tsp
Sugar		2 Tbsp	2 oz	1/4 cup
Dried basil		1 1/4 tsp		2 1/2 tsp
Dried oregano		1 tsp		2 tsp
Dried marjoram		1/4 tsp		1/2 tsp
Dried thyme		1/8 tsp		1/4 tsp
Lite mozzarella cheese, sliced	3 lb 2 oz	3 qt 1/2 cup	6 lb 4 oz	1 gal 2 1/4 qt
Cooked turkey ham, sliced (15% water added)	5 lb 5 oz		10 lb 10 oz	

Nutrition Information

Meal Components

Vegetables

Red & Orange 1/8 cup

Grains 1 1/4 ounces

Meat / Meat Alternate 1 3/4 ounces

Directions

- For best results, have all ingredients and utensils at room temperature.
- Dissolve dry yeast in warm water. Let stand for 4-5 minutes.
- Place flour in mixer bowl. Make well in the center.
- Pour dissolved yeast, oil, salt, and sugar into well in flour. Gradually work into the flour using dough hook on low speed. Continue with dough hook. Knead for 15 minutes on medium speed.
- Divide and shape dough. For 50 servings, shape into 1 ball (14 oz) and 2 balls (1 lb 12 oz each). For 100 servings, shape into 5 balls (1 lb 12 oz each). Let rest for 20 minutes.

6. Combine basil, oregano, marjoram, and thyme in small bowl. Reserve for steps 7 and 8.

7. On lightly floured surface, roll out dough. Roll each 1 lb 12 oz ball into a rectangle 24" x 16". Roll each 14 oz ball into a rectangle 24" x 8".

8. Layer ingredients lengthwise along the center, leaving 6" across the top and bottom for folding. For 24" x 16" rectangle use: 1st layer-10 oz cheese 2nd layer-approximately ½ tsp seasonings 3rd layer-17 oz turkey ham slices For 24" x 8" rectangle use: 1st layer-5 oz cheese 2nd layer-approximately ¼ tsp seasonings 3rd layer-8 ½ oz turkey ham slices

9. Fold top third of dough over cheese and turkey ham. Place another layer of cheese, seasonings, and turkey ham on top of folded dough as follows: For 24" x 16" rectangle use: 1st layer-10 oz cheese 2nd layer-approximately ½ tsp seasonings 3rd layer-17 oz turkey ham slices For 24" x 8" rectangle use: 1st layer-5 oz cheese 2nd layer approximately ¼ tsp seasonings 3rd layer-8 ½ oz turkey ham slices

10. Fold bottom third of dough over the second layer of cheese and turkey ham. Pinch to seal end and top seams. (If desired, brush seams with egg wash.)

11. Using a fork, pierce top of dough lengthwise from end to end, repeating 4 rows across.

12. Place rolled dough on sheet pan (18" x 26" x 1") which has been lightly coated with pan release spray. For 50 servings, use 2 pans. For 100 servings, use 3 pans.

13. Allow rolled stromboli to rise for 30 minutes.

14. Bake until crust is lightly browned: Conventional oven: 400° F for 30-35 minutes Convection oven: 350° F for 25-30 minutes CCP: Heat to 135° F or higher.

15. Remove from oven. Let stand for 15 minutes before cutting, to prevent cheese from running. Cut each full stromboli lengthwise down the middle and crosswise 10 times (20 pieces). Cut each half stromboli lengthwise down the middle and crosswise 5 times (10 pieces)

16. CCP: Hold for hot service at 135° F or higher. Portion

1 piece.

Notes

Special Tip:

To use high-activity (instant) yeast, follow manufacturer's instructions.

A new nutrient analysis will be coming. Updated July 2014. Restandardization in progress.

Stromboli with Tomato Sauce

Makes: 50 or 100 Servings

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Active dry yeast (see Special Tip)		2 Tbsp 1 1/2 tsp	2 oz	1/4 cup 1 Tbsp
Water, warm (110° F)		3 cups		1 qt 2 cups
Enriched all-purpose flour	2 lb 10 oz	2 qt 2 cups	5 lb 4 oz	1 gal 1 qt
Vegetable oil		1/4 cup		1/2 cup
Salt		1 tsp		2 tsp
Sugar		2 Tbsp	2 oz	1/4 cup
Dried basil		1 1/4 tsp		2 1/2 tsp
Dried oregano		1 tsp		2 tsp
Dried marjoram		1/4 tsp		1/2 tsp
Dried thyme		1/8 tsp		1/4 tsp
Canned tomato paste	14 3/4 oz	1 1/2 cups 2 Tbsp (1/8 No. 10 can and 1 Tbsp)	1 lb 13 1/2 oz	3 1/4 cups (1/4 No. 10 can and 2 Tbsp)
Water		1 cup		2 cups
Lite mozzarella cheese, sliced	3 lb 2 oz	3 qt 1/2 cup	6 lb 4 oz	1 gal 2 1/4 qt
Cooked turkey ham, sliced (15% water added)	5 lb 5 oz		10 lb 10 oz	

Nutrition Information

Meal Components

Grains 1 1/4 ounces

Meat / Meat Alternate 1 3/4 ounces

Directions

1. For best results, have all ingredients and utensils at room temperature.
2. Dissolve dry yeast in warm water. Let stand for 4-5 minutes.
3. Place flour in mixer bowl. Make well in the center
4. Pour dissolved yeast, oil, salt, and sugar into well in flour. Gradually work into the flour using dough hook on

low speed. Continue with dough hook. Knead for 15 minutes on medium speed.

5. Divide and shape dough. For 50 servings, shape into 1 ball (14 oz) and 2 balls (1 lb 12 oz each). For 100 servings, shape into 5 balls (1 lb 12 oz each). Let rest for 20 minutes.

6. Combine basil, oregano, marjoram, and thyme in small bowl. Reserve for steps 8 and 9.

7. On lightly floured surface, roll out dough. Roll each 1 lb 12 oz ball into a rectangle 24" x 16". Roll each 14 oz ball into a rectangle 24" x 8".

8. Combine tomato paste and water.

9. Layer ingredients lengthwise along the center, leaving 6" across the top and bottom for folding. For 24" x 16" rectangle use: 1st layer-10 oz cheese 2nd layer-½ cup tomato mixture 3rd layer-approximately ½ tsp seasonings 4th layer-14 oz turkey ham slices For 24" x 8" rectangle use: 1st layer-5 oz cheese 2nd layer-¼ cup tomato mixture 3rd layer-approximately ¼ tsp seasonings 4th layer-7 oz turkey ham slices

10. Fold top third of dough over cheese, tomato mixture, and turkey ham. Place another layer of ingredients on top of folded dough as follows: For 24" x 16" rectangle use: 1st layer-10 oz cheese 2nd layer-½ cup tomato mixture 3rd layer-approximately ½ tsp seasonings 4th layer-14 oz turkey ham slices For 24" x 8" rectangle use: 1st layer-5 oz cheese 2nd layer-¼ cup tomato mixture 3rd layer-approximately ¼ tsp seasonings 4th layer-7 oz turkey ham slices

11. Fold bottom third of dough over the second layer of cheese and turkey ham. Pinch to seal end and top seams. (If desired, brush seams with egg wash.)

12. Using a fork, pierce top of dough lengthwise from end to end, repeating 4 rows across.

13. Place rolled dough on sheet pan (18" x 26" x 1") which has been lightly coated with pan release spray. For 50 servings, use 2 pans. For 100 servings, use 3 pans.

14. Allow rolled stromboli to rise for 30 minutes.

15. Bake until crust is lightly browned: Conventional oven: 400° F for 30-35 minutes Convection oven: 350° F for 25-30 minutes CCP: Heat to 135° F or higher.

16. Remove from oven. Let stand for 15 minutes before cutting, to prevent cheese from running. Cut each full stromboli lengthwise down the middle and crosswise 10 times (20 pieces). Cut each half stromboli lengthwise down the middle and crosswise 5 times (10 pieces).

17. CCP: Hold for hot service at 135° F or higher.

Notes

Special Tip:

To use high-activity (instant) yeast, follow manufacturer's instructions.

A new nutrient analysis will be coming. Updated July 2014. Restandardization in progress.

Sunshine Soup

Prep time: 15 minutes

Cook time: 45 minutes

Makes: 6 Servings

Ingredients

3/4 cup Organic Millet-Whole Grain
2 tablespoons Extra Light Olive Oil
1/4 cup Medium Yellow Onion-Diced
1 tablespoon Large Clove Garlic
1/4 teaspoon salt
1/4 teaspoon black pepper
1/4 teaspoon onion powder
1 teaspoon Liquid Hot Crushed Pepper
1/4 teaspoon Worcestershire Sauce
3/4 cup canned diced tomatoes
1 cup Unsalted Vegetable Stock
4 tablespoons Soy milk creamer
1/2 cup Canned Sweet Potatoes
1/2 cup Canned Sliced Carrots
2 cups Fresh Chopped Kale

Directions

1. In a sauce pan rinse and cook millet according to package directions.
2. In a sauté pan wilt Kale with Olive Oil and a touch of unsalted vegetable stock. In a medium pot over medium heat add Olive Oil.
3. Stir in onions and sauté until translucent. Add garlic and salt and pepper to taste and sauté additional two minutes. Stir in diced tomatoes and unsalted vegetable stock.
4. Bring to a boil then reduce heat to simmer, add carrots and sweet potatoes. Cook, covered 30 minutes. Remove from heat and use hand mixer (hand blender) until smooth. Then slowly add creamer a little at a time.



5. To serve add 1/4 cup millet to a serving bowl, pour in tomato and put kale on top (you can also mix kale and millet in just before serving).

Westport Community Schools (Recipes for Healthy Kids Competition)

Sweet and Sour Pork

Makes: 50 or 100 Servings

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Raw boneless pork, 1-inch cubes	10 lb 14 oz		21 lb 12 oz	
Vegetable oil		1/4 cup		1/2 cup
Canned pineapple chunks, in juice	3 lb 5 oz	1 qt 2 1/4 cups (1/2 No. 10 can)	6 lb 10 oz	3 qt 1/2 cup (1 No. 10 can)
Chicken stock, non-MSG		3 qt		1 gal 2 qt
White vinegar		2 cups		1 qt
Brown sugar, packed	8 oz	1 3/4 cups 2 Tbsp	1 lb	3 3/4 cups
Low-sodium soy sauce		1 cup		2 cups
Sweet and sour sauce	1 lb 4 oz	2 cups	2 lb 8 oz	1 qt
*Fresh carrots, peeled and sliced	1 lb	3 3/4 cups	2 lb	1 qt 3 1/2 cups
*Fresh green pepper, strips	12 oz	2 1/2 cups	1 lb 8 oz	1 qt 1 cup
*Fresh celery, sliced	12 oz	3 cups	1 lb 8 oz	1 qt 2 cups
Cornstarch	9 oz	2 cups	1 lb 2 oz	1 qt
Water, cold		3 cups		1 qt 2 cups

Directions

1. Brown pork cubes in oil. Drain.
2. Drain pineapple, reserving juice. For 50 servings, reserve 1 qt 1 cup juice. For 100 servings, reserve 2 qt 2 cups juice. (If necessary, add water to juice to make the specified measure.) Set pineapple aside for step 7.
3. Add stock, vinegar, brown sugar, soy sauce, sweet and sour sauce, and pineapple juice to pork. Bring to boil. Reduce heat. Cover. Simmer over medium heat for 30 minutes.
4. Add carrots. Cover. Simmer over medium heat for 15

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	210	
Total Fat	6.78 g	
Protein	17.62 g	
Carbohydrates	19.31 g	
Dietary Fiber	0.8 g	
Saturated Fat	2.14 g	
Sodium	303 mg	

Meal Components

Fruits	1/4 cup
Vegetables	1/4 cup
Meat / Meat Alternate	2 ounces

minutes.

5. Add green pepper and celery. Cover. Simmer over medium heat for 5 minutes.

6. Combine cornstarch and water. Mix until smooth.

7. Add cornstarch mixture and pineapple. Stir well and cook over medium heat until thickened, 6-8 minutes.
CCP: Heat to 165° F or higher for at least 15 seconds.

8. Pour into medium half-steamtable pans (10" x 12" x 4").
For 50 servings, use 2 pans. For 100 servings, use 4 pans.

9. CCP: Hold for hot service at 135° F or higher. Serve with 6 oz ladle ($\frac{3}{4}$ cup) over cooked rice.

Notes

Comments:

*See Marketing Guide.

Sweet and Sour Sauce

Makes: 1 or 1 servings

1 Servings		1 Servings	
Ingredients	Weight	Measure	Measure
Chicken stock, non-MSG		1 1/2 cups 2 Tbsp	1 qt 2 1/2 cups
White vinegar		1/2 cup	2 cups
Grown sugar, packed	2 oz	1/4 cup 1 1/2 Tbsp	1 cup 2 Tbsp
Low-sodium soy sauce		1/4 cup	1 cup
Canned tomato paste	2 1/3 oz	1/4 cup	9 1/4 oz 1 cup
Pineapple juice		1 1/4 cups	1 qt 1 cup
Cornstarch		1/4 cup 1 1/2 Tbsp	1 1/4 cups 2 Tbsp
Water, cold		1/4 cup	1 cup

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	21	
Total Fat	0.03 g	
Protein	0.27 g	
Carbohydrates	5.18 g	
Dietary Fiber	0.1 g	
Saturated Fat	0.01 g	
Sodium	83 mg	

Directions

1. Combine stock, vinegar, brown sugar, soy sauce, tomato paste, and pineapple juice. Bring to boil. Reduce heat to simmer. CCP: Heat to 165° F or higher for at least 15 seconds.
2. Combine cornstarch and water. Mix until smooth.
3. Add to simmering mixture. Stir occasionally and cook over medium heat until thickened, 6-8 minutes. Use immediately.

Sweet Potato and Black Bean Stew

Rating: ★★★★★

Prep time: 20 minutes

Cook time: 40 minutes

Makes: 6 Servings

This hearty main dish combines the sweetness of orange sweet potatoes and the robustness of black beans, with the surprise addition of Swiss chard and a light touch of cumin. Serve over brown rice or whole-wheat couscous for a warm delight!

Ingredients

2 tablespoons vegetable oil
1/2 small pepper Dried New Mexican chili pepper, whole
1 1/4 cups Fresh onions, peeled, diced
1 teaspoon ground cumin
1 1/2 cups Fresh sweet potatoes, peeled, cubed 1/2"
6 cups Canned low-sodium black beans, drained, rinsed
3/4 cup orange juice
1 cup Low-sodium chicken stock
1 tablespoon red wine vinegar
1/4 teaspoon salt
1/4 teaspoon ground black pepper
4 cups Fresh Swiss chard, no stems, chopped

Directions

1. Heat vegetable oil in a large pot. Cook chili pepper and onions for 1-2 minutes.
2. Add cumin and cook for 2 minutes..



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	222	
Total Fat	4 g	
Protein	10 g	
Carbohydrates	43 g	
Dietary Fiber	12 g	
Saturated Fat	0.34 g	
Sodium	536 mg	

MyPlate Food Groups

Vegetables	3/4 cup
Protein Foods	3 ounces

3. Add sweet potatoes, black beans, orange juice, and chicken stock. Bring to a boil. Cover and reduce heat to low. Simmer for 20 minutes or until the potatoes are tender.
 4. Remove chili pepper and discard.
 5. Add vinegar, salt, and pepper.
 6. Add Swiss chard. Cover and continue cooking until Swiss chard is tender. Serve hot.
- May serve over brown rice or whole-wheat couscous.

Notes

Our Story

Skyline High School is located at the crest of the Oakland Hills in California. The team grew out of an existing afterschool cooking academy that teaches cooking skills and nutrition. The team is excited to have their recipe, Sweet Potato and Black Bean Stew, represented in this cookbook.

Sweet Potato and Black Bean Stew was created when the team at Skyline High School decided to match an unlikely pair of ingredients. The wonderful recipe combination is as savory as it is sweet. This stew is brought to a healthy and earthy conclusion with flavorful Swiss chard, a delicate and mild-flavored, dark-green leafy vegetable. Served over brown rice or whole-wheat couscous, this stew warms the soul and feeds the mind.

Skyline High School

Oakland, California

School Team Members

School Nutrition Professional: Donnie Barclift

Chef: Jenny Huston

Community Members: Rusty Hopewell (Health Center Nutritionist) and Sage Moore

Students: Karen M., Quailyn S., and Rudy R.

1 cup provides:

Legume as Meat Alternate: 3 oz equivalent meat alternate, 1/8 cup dark green vegetable, 1/4 cup red/orange vegetable, and 1/4 cup other vegetable.

OR

Legume as Vegetable: 3/4 cup legume vegetable, 1/8 cup dark green vegetable, 1/4 cup red/orange vegetable, and 1/4

cup other vegetable.

Legume vegetable can be counted as either a meat alternate or as a legume vegetable but not as both simultaneously.

Recipes for Healthy Kids Cookbook for Homes

Sweet Potato and Black Bean Stew

Makes: 50 or 100 Servings

This hearty main dish combines the sweetness of orange sweet potatoes and the robustness of black beans, with the surprise addition of Swiss chard and a light touch of cumin. Serve over brown rice or whole-wheat couscous for a warm delight!



	50 Servings		100 Servings	
Ingredients	Weight	Measure	Weight	Measure
Dried New Mexican chili peppers, whole		6		12
*Fresh onions, diced	3 lb 2 oz	2 qt 3 cups	6 lb 4 oz	1 gal 1 qt
Vegetable oil		1 cup	1 lb	2 cup
Ground cumin		3 Tbsp		1/4 cup 2 Tbsp
*Fresh sweet potatoes, peeled, cubed 1/2"	6 lb	1 gal 1 qt	12 lb	2 gal 2 qt
Canned low-sodium black beans, drained, rinsed	24 lb 4 oz	2 gal 2 2/3 qt (6 No. 10 cans)	48 lb 8 oz	5 gal 1 1/3 qt (12 No. 10 cans)
OR	OR	OR	OR	OR
*Dry black beans, cooked (See Notes Section)	24 lb 4 oz	2 gal 2 2/3 qt	48 lb 8 oz	5 gal 1 1/3 qt
Orange juice		1 qt 2 cups		3 qt
Low-sodium chicken stock		2 qt		1 gal
Red wine vinegar		1/2 cup		1 cup
Salt		2 tsp		1 Tbsp 1 tsp
Ground black pepper		2 tsp		1 Tbsp 1 tsp
*Fresh Swiss chard, no stems, chopped 1/2"	2 lb	2 qt 2 cups	4 lb	1 gal 1 qt
OR	OR	OR	OR	OR
Frozen Swiss chard, chopped	1 lb 8 oz	1 qt 1/2 cup	3 lb	2 qt 1 cup

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	222.48	
Total Fat	4.43 g	
Protein	10.35 g	
Carbohydrates	43.38 g	
Dietary Fiber	12.25 g	
Saturated Fat	0.34 g	
Sodium	578.59 mg	

Meal Components

Vegetables

_ Red & Orange	1/4 cup
_ Other	1/4 cup

Meat / Meat Alternate 3 ounces

Directions

1. Sauté chili peppers and onions in oil for 2-3 minutes.
For 25 servings, use a large stockpot. For 50 servings, use a roasting pan/square head pan (20 7/8" x 17 3/8" x 7") on top of stove.
2. Add cumin and sauté for 2 minutes.
3. Add sweet potatoes, black beans, orange juice, and stock. Bring to a boil.
4. Cover and reduce heat to low. Simmer for 20 minutes or until potatoes are tender.
5. Remove chilies and discard. Add vinegar, salt, pepper, and Swiss chard. Cover. Critical Control Point: Heat to 135 °F or higher for at least 15 seconds.
6. Critical Control Point: Hold for hot service at 135 °F or higher
7. Portion with 8 fl oz ladle (1 cup).

Notes

Our Story

Skyline High School is located at the crest of the Oakland Hills in California. The team grew out of an existing afterschool cooking academy that teaches cooking skills and nutrition. The team is excited to have their recipe, Sweet Potato and Black Bean Stew, represented in this cookbook.

Sweet Potato and Black Bean Stew was created when the team at Skyline High School decided to match an unlikely pair of ingredients. The wonderful recipe combination is as savory as it is sweet. This stew is brought to a healthy and earthy conclusion with flavorful Swiss chard, a delicate and mild-flavored, dark-green leafy vegetable. Served over brown rice or whole-wheat couscous, this stew warms the soul and feeds the mind.

Skyline High School

Oakland, California

School Team Members

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1 cup provides:

Legume as Meat Alternate: 3 oz equivalent meat alternate, 1/4 cup red/orange vegetable, and 1/4 cup other vegetable.

OR

Legume as Vegetable: 3/4 cup legume vegetable, 1/4 cup red/orange vegetable, and 1/4 cup other vegetable.

Legume vegetable can be counted as either a meat alternate or as a legume vegetable but not as both simultaneously.

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available

Special tip for preparing dry beans:

SOAKING BEANS

OVERNIGHT METHOD: Add 1 3/4 qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with cooking the beans.

QUICK-SOAK METHOD: Boil 1 3/4 qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with cooking the beans.

COOKING BEANS

Once the beans have been soaked, add 1 3/4 qt water for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours. Use hot beans immediately.

Critical Control Point: Hold for hot service at 135 °F or higher.

OR

Chill for later use.

Critical Control Point: Cool to 70 °F within 2 hours and to 40 °F or lower within an additional 4 hours.

1 lb dry black beans = about 2 1/4 cups dry or 4 1/2 cups cooked beans.

In place of the New Mexican Chilies use California, Anaheim, or Ancho chilies. If using powdered chili use Ancho Chili Powder and use 1 Tbsp per chili.

Sweet Potato Crunch

Prep time: 15 minutes

Cook time: 30 minutes

Makes: 6 Servings

Ingredients

2 cups Sweet Potatoes, canned, light syrup, drained

1/8 teaspoon table salt

3/4 teaspoon Cinnamon, ground

3/4 teaspoon vanilla extract

3/4 cup Apples, canned in water, sliced or diced

3 tablespoons light brown sugar

1/2 cup skim milk

1/2 teaspoon Cinnamon, ground

1 tablespoon margarine or butter

1 tablespoon cornstarch

1/4 cup granola



Directions

1. Preheat oven to 350 degrees F.
2. Drain and discard all but 2 Tbsp liquid from the potatoes. Add the salt and vanilla extract to the sweet potatoes along with the reserved liquid. Use a mixer to whip the potatoes for 5 minutes at medium speed. Pour into a square baking dish that has been sprayed with a non stick spray.
3. Drain and discard the liquids from the apples. If sliced apples are used, dice into 1/2" pieces.
4. Combine milk and cornstarch and stir until the cornstarch is well blended. Melt the margarine and add the brown sugar and remaining cinnamon. Cook on medium heat, stirring frequently for 5 minutes or until mixture thickens. Stir in the diced apples. Pour mixture over the sweet potatoes.

5. Top with the granola and bake for 30-35 minutes at 350 degrees or until an internal temperature of 165 degrees or above is reached.
6. Serve 2 oz squares.

Sweet Potato Pie

Makes: 50 or 100 Servings

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Enriched all-purpose flour	1 lb 12 oz	1 qt 2 1/2 cups	3 lb 8 oz	3 qt 1 cup
Salt		1 1/2 tsp		1 Tbsp
Shortening	15 oz	2 1/4 cups	1 lb 14 oz	1 qt 1/2 cup
Water, cold		1 1/4 cups		2 1/2 cups
Canned mashed sweet potatoes	6 lb 13 oz	3 qt 1/2 cup (1 No. 10 can)	13 lb 10 oz	1 gal 2 1/4 qt (2 No. 10 cans)
OR	OR	OR	OR	OR
Canned cut sweet potatoes, in light syrup, drained	6 lb 13 oz	3 qt 3 3/4 cups (1 7/8 No. 10 cans)	13 lb 10 oz	1 gal 3 3/4 qt (3 2/3 No. 10 cans)
Frozen whole eggs, thawed	1 lb	1 3/4 cups 2 Tbsp	2 lb	3 3/4 cups
OR		OR		OR
Fresh large eggs, very well beaten (see Special Tip)		9 each		18 each
Instant nonfat dry milk, reconstituted		1 qt		2 qt
Margarine or butter, melted	3 oz	1/4 cup 2 Tbsp	6 oz	3/4 cup
Salt		1/4 tsp		1/2 tsp
Brown sugar, packed	14 oz	1 3/4 cups	1 lb 12 oz	3 1/2 cups
Enriched all-purpose flour	2 1/2 oz	1/2 cup 2 Tbsp	5 oz	1 1/4 cups
Frozen orange juice concentrate		1/4 cup		1/2 cup
Ground cinnamon		1 Tbsp		2 Tbsp
Ground ginger		1 1/2 tsp		1 Tbsp
Ground cloves		1 tsp		2 tsp

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	266	
Total Fat	11.11 g	
Protein	4.92 g	
Carbohydrates	37.13 g	
Dietary Fiber	1.6 g	
Saturated Fat	2.75 g	
Sodium	170 mg	

Meal Components

Vegetables

Red & Orange 1/4 cup

Grains 3/4 ounce

Directions

1. For bottom crust: Combine flour and salt. Mix in shortening until size of small peas.
2. Add water and mix just until dry ingredients are moistened.
3. Roll out pastry dough into rectangles (about 20" x 28") on lightly floured surface. Use 3 lb 7 oz of dough for each crust. Line bottom and sides of sheet pans (18" x 26" x 1") with dough. For 50 servings, use 1 pan. For 100 servings, use 2 pans.
4. For pie filling: Place mashed sweet potatoes in a mixer. If using canned cut sweet potatoes, puree or mash in mixer with paddle attachment for 4- 5 minutes on medium speed until very smooth and free from lumps. (Discard coarse fibers that stick to mixer paddle.)
5. Add beaten eggs, milk, margarine or butter, brown sugar, salt, flour, orange juice concentrate, cinnamon, ginger, and cloves. Mix with paddle attachment for 4-5 minutes on medium speed until smooth and well blended.
6. Pour 13 lb 15 oz (1 gal 1 qt) pie filling into each crust.
7. Bake until a knife inserted near center comes out clean:
Conventional Oven: 425° F for 15 minutes. Reduce oven temperature and bake at 375° F for 45-55 minutes.
Convection oven: 375° F for 10 minutes. Reduce oven temperature and bake at 325° F for 30-45 minutes.
8. CCP: Cool to 70° F within 2 hours and from 70° F to 41° F within an additional 4 hours. Refrigerate until ready to serve. Cut each pan 5 x 10 (50 pieces per pan).

Notes

Special Tip:

- For 50 servings, use 4 ½ oz (1 ½ cups) dried whole eggs and 1 ½ cups water in place of eggs.
- For 100 servings, use 9 oz (3 cups) dried whole eggs and 3 cups water in place of eggs.

Sweet Potato-Plum Bread Squares

Makes: 50 or 100 Servings

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Whole wheat/enriched blend flour	2 lb 14 oz	2 qt 2 1/2 cups	5 lb 12 oz	1 gal 1 1/4 qt
Sugar	14 1/2 oz	2 cups	1 lb 13 oz	1 qt
Brown sugar, packed	15 oz	3 1/2 cups	1 lb 14 oz	1 qt 3 cups
Instant nonfat dry milk		1/4 cup 2 Tbsp	1 3/4 oz	3/4 cup
baking powder		2 Tbsp 1/2 tsp	2 oz	1/4 cup 1 tsp
Baking soda		3 Tbsp	2 3/4 oz	1/4 cup 2 Tbsp
Salt		1 1/2 tsp		1 Tbsp
Ground allspice		1 1/2 tsp		1 Tbsp
Ground nutmeg (optional)		1 1/2 tsp		1 Tbsp
Ground cinnamon		2 tsp		1 Tbsp 1 tsp
Trans fat-free shortening	15 oz	2 1/4 cups	1 lb 14 oz	1 qt 1/2 cup
Canned mashed sweet potatoes	3 lb 4 oz	1 qt 2 1/4 cups (1/2 No. 10 can)	6 lb 8 oz	3 qt 1/2 cup (1 No. 10 can)
OR	OR	OR	OR	OR
Canned cut sweet potatoes, drained, mashed	3 lb 4 oz	1 qt 2 1/4 cups	5 lb 8 oz	3 qt 1/2 cup
Frozen whole eggs, thawed	8 oz	3/4 cup 3 Tbsp	1 lb	1 3/4 cups 2 Tbsp
OR		OR		OR
Fresh large eggs (see Special Tip)		5 each		9 each
Water		2 cups		1 qt
Dehydrated plums without pits (prunes), chopped	7 1/2 oz	1 1/4 cups	15 oz	2 1/2 cups
OR	OR	OR	OR	OR
†Raisins, plumped	5 oz	1 1/3 cups	10 oz	2 2/3 cups
Chopped walnuts				

Nutrition Information

Meal Components

Grains 1 1/2 ounces

Directions

1. Blend flour, sugar, brown sugar, dry milk, baking powder, baking soda, salt, allspice, nutmeg (optional), cinnamon, and shortening in a mixer for 3-5 minutes on low speed.
2. Add ½ of the sweet potatoes and mix for 2 minutes on low speed.
3. Add eggs and water. Mix for 1 minute on low speed.
4. Add dehydrated plums, remaining sweet potatoes, and nuts (optional). Mix for 3 minutes on low speed.
5. Lightly coat steamtable pans with pan release spray. Pour 10 lb 10 oz (3 qt 1 cup) batter into each steamtable pan (12" x 20" x 2 ½"). For 50 servings, use 1 pan. For 100 servings, use 2 pans.
6. Bake: Conventional oven: 350° F for 1 hour. Convection oven: 300° F for 40 minutes.
7. Cool. Cut each pan 5 x 10 (50 pieces per pan).
8. For loaf pans: Lightly coat with pan release spray. Pour 5 lb 5 oz (1 qt 2 ½ cups) batter into each loaf pan (4" x 10" x 4"). For 50 servings, use 2 pans. For 100 servings, use 4 pans. Bake: Conventional oven: 350° F for 1 hour 20 minutes Convection oven: 300° F for 45 minutes Remove from pans. Cool completely. Cut each loaf into 25 slices, about ½" thick.

Notes

Comments:

†To plump raisins, cover the fruit with very hot tap water. Soak 2-5 minutes. DO NOT OVERSOAK. Drain well before using.

Special Tip:

50 servings: Use 2 ½ oz (¾ cup 2 Tbsp) dried whole eggs and ¾ cup 2 Tbsp water in place of eggs.

100 servings: Use 5 oz (1 $\frac{3}{4}$ cups) dried whole eggs and 1 $\frac{3}{4}$ cups water in place of eggs.

A new nutrient analysis will be coming. Updated July 2014. Restandardization in progress.

Tabouleh (tah-BUHL-lee)

Makes: 50 or 100 Servings

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Water		2 qt 2 1/2 cups		1 gal 1 1/4 qt
Salt		2 Tbsp	2 1/2 oz	1/4 cup
No. 3 bulgur	3 lb 6 oz	2 qt 2 1/2 cups	6 lb 12 oz	1 gal 1 1/4 qt
*Fresh tomatoes, unpeeled, diced	4 lb 14 oz	2 qt 2 1/2 cups	9 lb 12 oz	1 gal 1 1/4 qt
*Fresh cucumbers, peeled, seeded, dice	2 lb 8 oz	1 qt 2 3/4 cups	5 lb	3 qt 1 1/2 cups
*Fresh parsley, chopped	3 oz	1 1/2 cups	6 oz	3 cups
*Fresh onions, diced	12 oz	2 cups	1 lb 8 oz	1 qt
Fresh mint, chopped		1/4 cup		1/2 cup
OR		OR		OR
Dried mint		1 tsp		2 tsp
Ground cumin (optional)		1/2 tsp		1 tsp
Lemon juice		1 1/3 cups		2 2/3 cups
Vegetable oil		1/2 cup		1 cup

Directions

1. Add salt to water and bring to a boil.
2. In a large bowl combine bulgur and boiling water. Let stand for 30 minutes or until water is absorbed. Do not drain.
3. Add tomatoes, cucumbers, parsley, onions, mint, and cumin (optional) to the bulgur.
4. Add lemon juice and vegetable oil to salad mixture and toss to combine all ingredients. Spread 5 lb 13 oz (approximately 3 qt ? cup) into each shallow pan (12" x 20" x 2 1/2") to a product depth of 2" or less. For 50 servings, use 3 pans. For 100 servings, use 6 pans.

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	141	
Total Fat	2.81 g	
Protein	4.43 g	
Carbohydrates	26.96 g	
Dietary Fiber	6.5 g	
Saturated Fat	0.41 g	
Sodium	292 mg	

Meal Components

Vegetables	3/8 cup
Grains	3/4 ounce

5. CPP: Cool to 41° F or lower within 4 hours. Refrigerate until ready to serve.
6. Portion with 6 oz ladle ($\frac{3}{4}$ cup).

Notes

Comments:

*See Marketing Guide.

Serving Tips:

For a tasty variation, add 2 cups of chopped black olives per 50 servings.

Taco Pie with Beans

Makes: 50 or 100 Servings

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Dry pinto beans, cooked (see Special Tip)	8 lb 7 oz	1 gal 1 3/4 qt	16 lb 14 oz	2 gal 3 1/2 qt
OR	OR	OR	OR	OR
Low-sodium canned pinto beans, drained	8 lb 7 oz	1 gal 3 cups (2 No. 10 cans)	16 lb 14 oz	2 gal 1 1/2 qt (4 No. 10 cans)
Taco seasoning mix	6 oz	1 cup	12 oz	2 cups
Water		2 1/2 cups		1 qt 1 cup
Low-sodium canned salsa	2 lb 3 oz	1 qt 1/4 cup (1/3 No. 10 can)	4 lb 6 oz	2 qt 1/2 cup (2/3 No. 10 can)
Low-sodium canned tomato puree	2 lb 6 oz	1 qt 1/4 cup (1/3 No. 10 can 3/4 cup)	4 lb 12 oz	2 qt 1/2 cup (3/4 No. 10 can 1/2 cup)
Water		1 qt		2 qt
Whole-grain rich tortillas, 8-inch (at least 1.5 oz each)		40 each		80 each
Reduced fat cheddar cheese, shredded	2 lb	2 qt	4 lb	1 gal

Nutrition Information

Meal Components

Vegetables

Red & Orange 1/4 cup

Grains 1 1/2 ounces

Meat / Meat Alternate 2 ounces

Directions

1. Drain beans, and mash.
2. Sprinkle the taco seasoning mix over beans.
3. Add water and allow to simmer for 15 minutes.
4. In a bowl, combine salsa, tomato puree, and water.
5. Cut tortillas in halves.
6. Lightly coat steamtable pans (12" x 20" x 2 1/2") with pan release spray. For 50 servings, use 2 pans. For 100

servings, use 4 pans.

7. Assembly: Bottom layer: Place 16 half-tortillas in bottom of pan. Distribute 1 lb 8 oz (3? cups) of the bean mixture on top of tortillas. Spread 1 lb 3 oz (2 cups) taco sauce over the bean mixture. Sprinkle 6 oz (1½ cups) shredded cheese over taco sauce.

8. Middle layer: Place 12 half-tortillas on top of the taco sauce. Distribute 1 lb 8 oz (3 1/3 cup) of bean mixture on top of the tortillas. Spread 1 lb 3 oz (2 cups) taco sauce over the bean mixture. Sprinkle 6 oz (1 ½ cups) shredded cheese over taco sauce.

9. Top layer: Place 12 half-tortillas on top of the taco sauce. Divide the remaining bean mixture on top of the tortillas. Divide the remaining taco sauce over the bean mixture. Sprinkle 4 oz (1 cup) of shredded cheese evenly over the taco sauce. Tightly cover pans.

10. Bake: Conventional oven: 350° F for 30 minutes. Convection oven: 325° F for 20 minutes. CCP: Heat to 165° F or higher for at least 15 seconds.

11. CCP: Hold for hot service at 135° F or higher. Let pie rest for 5 minutes before portioning. Cut each pan 5 x 5 (25 pieces per pan).

Notes

Serving Information:

1 piece provides: Legume as Meat Alternate: 2 oz equivalent meat alternate, 1/4 cup red/orange vegetable, and 1 1/2 oz equivalent grains.

OR

Legume as Vegetable: 1/2 oz equivalent meat alternate, 1/4 cup legume vegetable, 1/4 cup red/orange vegetable, and 1 1/2 oz equivalent grains.

Special Tip:

SOAKING BEANS

Overnight method: Add 1 ¾ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with cooking the beans.

Quick-soak method: Boil 1 ¾ qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with cooking the beans.

COOKING BEANS

Once the beans have been soaked, add ½ tsp salt for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours.

Use hot beans immediately.

CCP: Hold for hot service at 135° F.

OR

Chill for later use.

CCP: Cool to 70° F within 2 hours and to 41° F or lower within an additional 4 hours.

1 lb dry pinto beans = about 2 ½ cups dry or 5 ¼ cups cooked beans.

A new nutrient analysis will be coming. Updated July 2014. Restandardization in progress.

Taco Pie with Salad Topping

Makes: 50 or 100 Servings

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Raw ground beef (no more than 20% fat)	5 lb 14 oz		11 lb 12 oz	
Taco seasoning mix	6 oz	1 cup	12 oz	2 cups
Water		2 1/2 cups		1 qt 1 cup
Canned salsa	2 lb 3 oz	1 qt 1/4 cup (1/3 No. 10 can)	4 lb 6 oz	2 qt 1/2 cup (2/3 No. 10 can)
Canned tomato puree	2 lb 6 oz	1 qt 1/4 cup (1/3 No. 10 can 3/4 cup)	4 lb 12 oz	2 qt 1/2 cup (3/4 No. 10 can 1/2 cup)
Water		1 qt		2 qt
Whole grain-rich tortillas, 8-inch (at least 1.5 oz each)		40 each		80 each
Reduced fat cheddar cheese, shredded	2 lb	2 qt	4 lb	1 gal
Salad Topping: *Tomatoes, diced	1 lb		2 lb	
*Fresh lettuce, shredded	2 lb	3 qt 3 cups	4 lb	1 gal 3 1/2 qt

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	308	
Total Fat	13.01 g	
Protein	19.91 g	
Carbohydrates	27.23 g	
Dietary Fiber	2.5 g	
Saturated Fat	5.72 g	
Sodium	677 mg	

Meal Components

Vegetables	
_ Red & Orange	1/4 cup
_ Other	1/8 cup
Grains	1 1/2 ounces
Meat / Meat Alternate	2 ounces

Directions

1. Brown ground beef. Drain. Continue to next step immediately.
2. Sprinkle the taco seasoning mix over beef.
3. Add water and allow to simmer for 15 minutes.
4. In a bowl, combine salsa, tomato puree, and water.

5. Cut tortillas into halves.
6. Lightly coat steamtable pans (12" x 20" x 2 ½") with pan release spray. For 50 servings, use 2 pans. For 100 servings, use 4 pans.
7. Assembly: Bottom layer: Place 16 half-tortillas in bottom of pan. Distribute 1 lb 3 oz (3½ cups) of the meat mixture on top of tortillas. Spread 1 lb 3 oz (2 cups) taco sauce over the meat mixture. Sprinkle 6 oz (1½ cups) shredded cheese over taco sauce.
8. Middle layer: Place 12 half-tortillas on top of the taco sauce. Distribute 1 lb 3 oz (3½ cups) of meat mixture on top of the tortillas. Spread 1 lb 3 oz (2 cups) taco sauce over the meat mixture. Sprinkle 6 oz (1½ cups) shredded cheese over taco sauce.
9. Top layer: Place 12 half-tortillas on top of the taco sauce. Divide the remaining meat mixture on top of the tortillas. Divide the remaining taco sauce over the meat mixture. Sprinkle 4 oz (1 cup) of shredded cheese evenly over the taco sauce. Tightly cover pans.
10. Bake: Conventional oven: 350° F for 30 minutes. Convection oven: 325° F for 20 minutes. CCP: Heat to 165° F or higher for at least 15 seconds.
11. CCP: Hold for hot service at 135° F or higher. Let pie rest for 5 minutes before portioning. Cut each pan 5 x 5 (25 pieces per pan).
12. Combine tomatoes and lettuce. Serve 1 oz (¼ cup) on top of each piece of taco pie.

Notes

Special Tip:

A dollop (1 Tbsp) of lowfat sour cream or lowfat yogurt may be used to garnish each serving.

Taco Salad

Makes: 50 or 100 Servings

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Raw ground beef (no more than 15% fat)	6 lb 6 oz		12 lb 12 oz	
*Fresh onions, chopped	5 oz	3/4 cup 2 Tbsp	10 oz	1 3/4 cups
OR	OR	OR	OR	OR
Dehydrated onions	1 oz	1/2 cup	2 oz	1 cup
Salt		1 Tbsp		2 Tbsp
Granulated garlic		1 Tbsp 1 1/2 tsp		3 Tbsp
Ground black or white pepper		2 tsp		1 Tbsp 1 tsp
Canned low-sodium tomato paste	14 oz	1 1/2 cups 1 Tbsp (1/8 No. 10 can)	1 lb 12 oz	3 cups 2 Tbsp (1/4 No. 10 can)
Water		1 qt 1 cup		2 qt 2 cups
Chili powder		2 Tbsp		1/4 cup
Ground cumin		1 Tbsp 1 1/2 tsp		3 Tbsp
Paprika		1 1/2 tsp		1 Tbsp
Onion powder		1 1/2 tsp		1 Tbsp
*Fresh lettuce, shredded, chilled	4 lb	2 gal	8 lb	4 gal
*Fresh tomatoes, diced, chilled	1 lb 13 oz	1 qt	3 lb 10 oz	2 qt
Whole grain-rich taco shell pieces	2 lb 13 oz	1 gal 2 1/2 qt	5 lb 10 oz	3 gal 1 qt
OR	OR	OR	OR	OR
Whole grain-rich tostada shells (0.9oz each)	2 lb 13 oz	50	5 lb 10 oz	100
Reduced fat cheddar cheese, shredded	1 lb 10 oz	1 2 1/2 cups	3 lb 4 oz	3 qt 1 cup

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	296	
Total Fat	16.18 g	
Protein	18.38 g	
Carbohydrates	20.11 g	
Dietary Fiber	3.2 g	
Saturated Fat	5.78 g	
Sodium	590 mg	

Meal Components

Vegetables

_ Red & Orange	1/8 cup
_ Other	3/8 cup

Grains 3/4 ounce

Meat / Meat Alternate 2 ounces

Directions

1. Brown ground beef. Drain. Continue to next step immediately.
2. Add onions, salt, granulated garlic, pepper, tomato paste, water, chili powder, cumin, paprika, and onion powder. Blend well. Bring to boil. Reduce heat. Simmer for 25-30 minutes. CCP: Heat to 155° F for 15 seconds. CCP: Hold for hot service at 135° F or higher.
3. Combine lettuce and tomatoes. Toss lightly. Refrigerate until ready to serve.
4. Serving suggestions^{**}: Assemble each salad as follows, or in preferred order: 1st layer: about 0.9 oz (approximately ½ cup) taco shell pieces or 1 tostada shell; 2nd layer: 1 ¾ oz (approximately ¾ cup) lettuce and tomato mixture; 3rd layer: No. 12 scoop (? cup) meat mixture; 4th layer: ½ oz (approximately 2 Tbsp 1 tsp) shredded cheese.

Notes

Comments:

*See Marketing Guide.

^{**}Alternate serving suggestions:

- (1) Preportion 1 ¾ oz (approximately ¾ cup) lettuce and tomato mixture and 1 ½ oz (2 Tbsp) shredded cheese into individual soufflé cups. Refrigerate until ready to serve.
- (2) Transfer meat mixture and taco shell pieces or tostada shells into pans. Serve at least 0.9 oz (approximately 1 ½ cup) taco shell pieces or 1 tostada shell. Top with No. 12 scoop (1 ¾ cup) meat mixture. Add 1 preportioned soufflé cup of lettuce and tomato mixture and 1 preportioned soufflé cup of shredded cheese. Instruct children how to "build" their own taco salad.

Special Tip:

If desired, serve with taco sauce.

A new nutrient analysis will be coming. Updated July 2014. Restandardization in progress.

Taco Soup

Makes: 50 or 100 Servings

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Raw ground beef (no more than 15% fat)	4 lb 4 oz	2 qt	8 lb 8 oz	1 gal
Chili powder		1/2 cup		1 cup
Ground cumin		1/2 cup 2 Tbsp		1 1/4 cups
Garlic powder		1/4 cup		1/2 cup
Onion powder		1 Tbsp 1 tsp		2 Tbsp 2 tsp
Crushed red pepper		2 tsp		1 Tbsp 1 tsp
Ground black pepper		1 Tbsp 1 tsp		2 Tbsp 2 tsp
*Fresh onions, diced	2 lb 4 oz	1 qt 2 1/2 cups	4 lb 8 oz	3 qt 1 cup
Water		2 qt		1 gal
Ranch dressing, dry powdered mix	2 oz	1/2 cup	4 oz	1 cup
Canned no-salt-added crushed tomatoes	6 lb 6 oz	3 qt 1 cup (1 No. 10 can)	12 lb 12 oz	1 gal 2 qt 2 cups (2 No. 10 cans)
Canned low-sodium salsa	2 lb	1 qt	4 lb	2 qt
Canned no-salt-added corn, drained	2 lb	1 qt 1 cup (1/2 No. 10 can)	4 lb	2 qt 2 cups (1 No. 10 can)
Canned no-salt-added kidney beans, drained, rinsed	7 lb	1 gal 2 1/2 cups (2 No. 10 cans)	14 lb	2 gal 1 qt 1 cup (4 No. 10 cans)
or *Dry kidney beans, cooked (See Notes)	7 lb	1 gal 2 1/2 cups	14 lb	2 gal 1 qt 1 cup

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	235.29	
Total Fat	5.57 g	
Protein	15.23 g	
Carbohydrates	25.94 g	
Dietary Fiber	7.39 g	
Saturated Fat	1.92 g	
Sodium	284.9 mg	

Meal Components

Vegetables

- _ Red & Orange 1/4 cup
- _ Beans & Peas 1/4 cup

Meat / Meat Alternate 2 ounces

Directions

1. Brown ground beef uncovered over medium high heat in a large stock pot.

2. Add spices. Stir well.
3. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
4. Remove beef mixture and set aside for step 7.
5. Using the same pot, cook onions uncovered over medium heat for 5-7 minutes or until soft. Reduce heat to low.
6. Add water, ranch dressing mix, crushed tomatoes, salsa, corn, and beans. Stir well. Simmer uncovered over low heat for 2 minutes.
7. Add seasoned beef and stir. Simmer uncovered for an additional 15-20 minutes.
8. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
9. Transfer to a steam table pan (12" x 20" x 2 1/2").
For 50 servings, use 2 pans. For 100 servings, use 4 pans.
10. Serve immediately or cover and place in a warmer until ready for service.
11. Critical Control Point: Hold for hot service at 135 °F or higher.
12. Portion with 8 fl oz spoodle (1 cup).

Notes

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #2: Same Day Service

Serving

NSLP/SBP Crediting Information: 1 cup (8 fl oz spoodle) provides: Legume as Meat Alternate: 2 oz equivalent meat/meat alternate, ¼ cup red/orange vegetable, and ¼ cup additional vegetable.

Legume as Vegetable: 1 oz equivalent meat/meat alternate, ¼ cup legume vegetable, ¼ cup red/orange vegetable, and ¼ cup additional vegetable.

CACFP Crediting Information: 1 cup (8 fl oz spoodle)
provides: Legume as Meat Alternate: 2 oz meat/meat
alternate and ½ cup vegetable.

Legume as Vegetable: 1 oz meat/meat alternate and ¾
cup vegetable.

How to Cook Dry Beans

Special tip for preparing dry beans:

SOAKING BEANS

OVERNIGHT METHOD: Add 1 ¾ qt cold water to every 1
lb of dry beans. Cover and refrigerate overnight. Discard
the water. Proceed with recipe.

QUICK-SOAK METHOD: Boil 1 ¾ qt of water for each 1 lb
of dry beans. Add beans and

boil for 2 minutes. Remove from heat and allow to soak for
1 hour. Discard the water. Proceed with recipe.

COOKING BEANS

Once the beans have been soaked, add 1 ¾ qt water for
every lb of dry beans. Boil gently with lid tilted until tender,
about 2 hours. Use hot beans immediately.

Critical Control Point: Hold for hot service at 135 °F or
higher.

OR

Chill for later use.

Critical Control Point: Cool to 70 °F within 2 hours and to
41 °F or lower within 4 hours.

1 lb dry kidney beans = about 2 ½ cups dry or 6 ¼ cups
cooked beans.

Tasty Tots

Rating: ★★★★★

Prep time: 30 minutes

Cook time: 35 minutes

Makes: 36 Tots

A healthy, kid-friendly alternative to traditional 'fried' potatoes, Tasty Tots are made with sweet potatoes and garbanzo beans (chickpeas).

Ingredients

5 cups Fresh sweet potatoes, peeled, coarsely shredded
2 1/3 cups canned low-sodium garbanzo beans (chickpeas), with liquid
1/2 cup Fresh green onions, finely chopped
2 tablespoons vegetable oil
1/2 teaspoon salt
1/2 teaspoon Granulated Garlic
1/4 teaspoon ground black pepper
1/2 teaspoon onion powder
1/2 teaspoon ground cinnamon

Directions

1. Preheat oven to 350 °F.
2. Place shredded potatoes on a large baking pan sprayed with a nonstick cooking spray. Bake at 350 °F for 20 minutes or until slightly tender. Do not overcook.
3. Increase oven temperature to 400 °F.
4. In a food processor or blender, purée garbanzo beans, including the liquid, until smooth.



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	172	
Total Fat	5 g	
Protein	4 g	
Carbohydrates	28 g	
Dietary Fiber	5 g	
Saturated Fat	0 g	
Sodium	377 mg	

MyPlate Food Groups

Vegetables	3/4 cup
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5. In a medium mixing bowl, combine shredded sweet potatoes, puréed garbanzo beans, green onions, vegetable oil, salt, garlic, pepper, onion powder, and cinnamon. Mix well. Cover and refrigerate for 40-45 minutes to make tots easier to form.
6. Spray a large baking sheet with nonstick cooking spray. Using a cookie scoop or a spoon, roll 36 tots. Place 1 inch apart on baking sheet. Lightly flatten the tops of the tots with a spoon or a fork. Bake at 400 °F for 10-12 minutes or until lightly brown. Serve hot.

Notes

Our Story

The recipe challenge team at Bellingham Memorial Middle School began by brainstorming healthy menu items that would be well accepted by students. The team planned how to execute the contest's recipe development during an afterschool cooking class led by chefs from a Whole Foods Market. After a discussion on the value of healthy food and basic nutrition, the team divided into four groups and developed eight recipes.

The recipes were taste-tested by over 200 students and resulted in rave reviews. Two of these recipes, Tasty Tots and Mediterranean Quinoa Salad, became winning recipes featured in this cookbook.

Tasty Tots are a combination of sweet potatoes, garbanzo beans (chickpeas), and cinnamon that come together classically to form a unique, delicious side dish.

Bellingham Memorial Middle School

Bellingham, Massachusetts

School Team Members

School Nutrition Professional: Jeanne Sheridan, SNS

Chef: Rodney Poles (Whole Foods Market, partner chef from Chefs Move to Schools chefsmoveetoschools.org)

Community Members: Karen Ring (Healthy Eating Specialist, Whole Foods Market) and Lauren Marciszyn, RD, LDN (Youth and Community Wellness Director, YMCA)

Students: Dylan B., Elizabeth B., Taylin S., John G., and Nick D.

*The legumes in this recipe contribute to the other vegetable subgroup and not the meat/meat alternate component since the beans are not visibly recognizable as legumes in the Tasty Tots recipe. This vegetable side dish with legumes is limited to the vegetable component because of its function as a vegetable in the meal.

Improving the nutrient content of the foods children eat by disguising nutrient-rich vegetables and fruits in the food is a great idea for people of all ages. However, it is not a menu planning principle that teaches and encourages children to recognize and choose a variety of healthy fruits and vegetables.

Recipes for Healthy Kids Cookbook for Homes

Tasty Tots

Makes: 50 or 100 Servings

A healthy, kid-friendly alternative to traditional 'fried' potatoes, Tasty Tots are made with sweet potatoes and garbanzo beans (chickpeas).

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
*Fresh sweet potatoes, peeled, coarsely shredded	12 lb	2 gal 2 qt	24 lb	5 gal
Canned low-sodium garbanzo beans (chickpeas), with liquid	6 lb 14 oz	1 gal 3 cups (1 No. 10 can)	13 lb 12 oz	2 gal 1 1/2 qt (2 No. 10 cans)
Vegetable oil		1 cup		2 cups
Salt		1 Tbsp 1 tsp		2 Tbsp 2 tsp
Granulated garlic		1 Tbsp 1 tsp		2 Tbsp 2 tsp
*Fresh green onions, finely diced	6 oz	1 3/4 cups	12 oz	3 1/2 cups
Ground black pepper		2 tsp		1 Tbsp 1 tsp
Onion powder		1 Tbsp 1 tsp		2 Tbsp 2 tsp
Ground cinnamon		1 Tbsp 1 tsp		2 Tbsp 2 tsp
Enriched all-purpose flour	2 1/2 oz	1/2 cup	5 oz	1 cup

Directions

1. Spread shredded sweet potatoes evenly on a sheet pan (18" x 26" x 1") lightly coated with pan release spray. For 50 servings, use 2 pans. For 100 servings, use 4 pans. Bake sweet potatoes until slightly tender: Conventional oven: 350 °F for 20 minutes; Convection oven 350 °F for 15 minutes.
2. Puree garbanzo beans, including the liquid, in a food processor to a smooth consistency. Yields: For 50 servings, about 3 qt 2 1/2 cups (6 lb 12 oz). For 100 servings, about 7 qt 1 cup (13 lb 8 oz).



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	186.22	
Total Fat	4.92 g	
Protein	4.79 g	
Carbohydrates	31.66 g	
Dietary Fiber	5.54 g	
Saturated Fat	0.41 g	
Sodium	381.06 mg	

Meal Components

Vegetables

_ Red & Orange	3/8 cup
_ Other	3/8 cup

3. Combine sweet potatoes, pureed garbanzo beans, oil, salt, garlic, onions, pepper, onion powder, cinnamon, and flour. Mix well. Refrigerate at 40 °F for 40-50 minutes to make tots easier to form.
4. Using a No. 40 scoop, place mixture 1-inch apart on sheet pan (18" x 26" x 1") lined with parchment paper and lightly coated with pan release spray. For 50 servings, use 4 pans. Make 300 tots. For 100 servings, use 8 pans. Make 600 tots.
5. Cover tots on sheet pan with layer of parchment paper then use a second sheet pan and lightly press to flatten tots.
6. Bake until light brown: Conventional oven: 400 °F for 12 minutes Convection oven: 400 °F for 9 minutes. Critical Control Point: Heat to 135 °F or higher for at least 15 seconds.
7. Critical Control Point: Hold at 135 °F or higher for hot service.
8. Serve 6 tots.

Notes

Our Story

The recipe challenge team at Bellingham Memorial Middle School began by brainstorming healthy menu items that would be well accepted by students. The team planned how to execute the contest's recipe development during an afterschool cooking class led by chefs from a Whole Foods Market. After a discussion on the value of healthy food and basic nutrition, the team divided into four groups and developed eight recipes.

The recipes were taste-tested by over 200 students and resulted in rave reviews. Two of these recipes, Tasty Tots and Mediterranean Quinoa Salad, became winning recipes featured in this cookbook.

Tasty Tots are a combination of sweet potatoes, garbanzo beans (chickpeas), and cinnamon that come together classically to form a unique, delicious side dish.

Bellingham Memorial Middle School

Bellingham, Massachusetts

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*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

†The legumes in this recipe contribute to the other vegetable subgroup and not the meat/meat alternate component since the beans are not visibly recognizable as legumes in the Tasty Tots recipe. This vegetable side dish with legumes is limited to the vegetable component because of its function as a vegetable in the meal.

FACT: Improving the nutrient content of the foods children eat by disguising nutrient-rich vegetables and fruits in the food is a great idea for people of all ages. However, it is not a menu planning principle that teaches and encourages children to recognize and choose a variety of healthy fruits and vegetables.

Teriyaki Sauce

Makes: 50 or 100 Servings

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Brown sugar, packed	4 oz	1/2 cup	8 oz	1 cup
Granulated garlic		2 1/2 tsp		1 Tbsp 2 tsp
Onion salt		2 tsp		1 Tbsp 1 tsp
Ground ginger	1 oz	1 1/2 tsp	2 oz	1 Tbsp
Worcestershire sauce		2 Tbsp		1/4 cup
Catsup	2 lb 8 oz	1 qt	5 lb	2 qt
Cider vinegar		1/2 cup		1 cup
Low-sodium soy sauce		1 cup		2 cups

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	39	
Total Fat	0.12 g	
Protein	0.73 g	
Carbohydrates	9.58 g	
Dietary Fiber	0.4 g	
Saturated Fat	0.02 g	
Sodium	531 mg	

Directions

1. Mix all dry ingredients in a bowl.
2. Add Worcestershire sauce, catsup, cider vinegar, and soy sauce to the dry ingredients. Mix with wire whip until well mixed.
3. Cover and place in refrigerator overnight to develop flavors.

Notes

Special Tip:

Use to baste chicken or meat during cooking, or as a dipping sauce for chicken and fish nuggets.

A new nutrient analysis will be coming. Updated July 2014. Restandarization in progress.

The Charger Wrap

Prep time: 30 minutes

Makes: 6 Servings

Ingredients

1 1/2 cups Chicken breast, cooked and chopped
1 teaspoon lemon pepper
6 8" Whole grain flour tortillas
1 1/2 cups Romaine lettuce, chopped
6 tablespoons green peppers, diced
3/4 pound tomatoes, diced
3/4 pound Lowfat mozzarella cheese, shredded



Directions

1. Place chopped chicken in a large bowl and sprinkle with lemon pepper. Gently toss to coat chicken evenly with seasoning. Set aside.
2. Place a whole grain tortilla wrap on working surface.
3. Top each wrap with: 2 oz chicken, .25 cup romaine lettuce, 1 Tbsp green peppers, 3 Tbsp tomatoes. Garnish with .5 Tbsp mozzarella cheese.
4. Roll the "Charger Wrap" and serve.

Notes

Serving Size: 1 wrap

Thick Vegetable Soup

Makes: 60 or 120 Servings

60 Servings

120 Servings

Ingredients	Weight	Measure	Weight	Measure
Low-sodium vegetable stock, non-MSG		2 gal		4 gal
Dry lentils	14 oz	2 cups 2 Tbsp	1 lb 12 oz	1 qt 1/4 cup
Dry barley	1 lb 7 oz	3 1/4 cups	2 lb 14 oz	1 qt 2 1/2 cups
*Fresh onions, diced finely	1 lb	2 2/3 cups	2 lb	1 qt 1 1/3 cups
OR Dehydrated onions	OR 3 oz	OR 1 1/2 cups	OR 6 oz	OR 3 cups
*Fresh carrots, diced 1/2"	2 lb	1 qt 3 3/4 cups	4 lb	3 qt 3 1/2 cups
*Fresh celery, diced 1/2"	8 oz	2 cups	1 lb	1 qt
*Fresh white potatoes, peeled, cubed	8 oz	1 1/2 cups	1 lb	3 cups
Canned low-sodium tomato paste	1 lb 2 1/2 oz	2 cups	2 lb 5 oz	1 qt (1/3 No. 10 can)
Ground black or white pepper		1 tsp		2 tsp
Water		1 qt		2 qt
Canned low-sodium pinto beans, drained and rinsed	5 lb 9 1/2 oz	3 qt 1/2 cup (1 1/3 No. 10 cans)	11 lb 3 oz	1 gal 2 1/4 qt (2 2/3 No. 10 cans)
OR **Dry pinto beans, cooked (see Special Tips)	OR 5 lb 9 1/2 oz	OR 2 qt 2 1/2 cups	OR 11 lb 3 oz	OR 1 gal 1 1/4 qt
Frozen whole-kernel corn	1 lb	2 3/4 cups	2 lb	1 qt 1 1/2 cups
Frozen cut green beans	1 lb	1 3/4 cups 2 Tbsp	2 lb	3 3/4 cups
*Fresh cabbage, shredded (optional)	1 lb	1 qt 3/4 cup	2 lb	2 qt 1 1/2 cups

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	146	
Total Fat	0.62 g	
Protein	6.72 g	
Carbohydrates	29.96 g	
Dietary Fiber	6.6 g	
Saturated Fat	0.12 g	
Sodium	283 mg	

Meal Components

Vegetables

_ Red & Orange	1/4 cup
_ Other	1/8 cup

Grains 1/4 ounce

Meat / Meat Alternate 1 1/2 ounces

Directions

1. Heat vegetable stock to a boil.
2. Add lentils and barley. Reduce heat and simmer for 20 minutes.
3. Add onions, carrots, celery, potatoes, tomato paste, pepper, and water. Simmer covered, for 25 minutes over low heat.
4. Add pinto beans, corn, green beans, cabbage (optional). Simmer covered, for 15 minutes over medium heat. CCP: Heat to 165° F or higher for at least 15 seconds.
5. Pour 10 lb (1 gal 1 qt) into medium steamtable pan (12" x 20" x 4"). For 50 servings, use 3 pans. For 100 servings, use 6 pans.
6. CCP: Hold for hot service at 135° F or higher. Portion with 8 oz ladle (1 cup).

Notes

Comments:

*See Marketing Guide.

Special Tips:

1) Garnish with Parmesan cheese.

2) SOAKING BEANS

Overnight method: Add 1 $\frac{3}{4}$ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with cooking beans.

Quick-soak method: Boil 1 $\frac{3}{4}$ qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour.

Discard the water. Proceed with cooking beans.

COOKING BEANS

Once the beans have been soaked, add $\frac{1}{2}$ tsp salt for every lb of dry beans.

Boil gently with lid tilted until tender, about 2 hours. Use hot beans immediately.

CCP: Hold for hot service at 135° F.

OR

Chill for later use.

CCP: Cool to 70° F within 2 hours and to 41° F or lower within an additional 4 hours.

1 lb dry pinto beans = about 2 ½ cups dry or 5 ¼ cups cooked pinto beans.

1 cup (8 oz ladle) provides: Legume as a Meat Alternate: 1 1/2 oz equivalent Meat Alternate, 1/4 cup red/orange vegetable, 1/8 cup other vegetable, and 1/4 oz equivalent grains. OR Legume as Vegetable: 3/8 cup legume vegetable, 1/4 cup red/orange vegetable, 1/8 cup other vegetable, and 1/4 oz equivalent grains. Legume vegetable can be counted as either a meat alternate or as a legume vegetable but not both simultaneously.

A new nutrient analysis will be coming. Updated July 2014. Restandardization in progress.

Thousand Island Dressing

Makes: 1 Quart or 1 Gallon

1 Quart

1 Gallon

Ingredients	Weight	Measure	Weight	Measure
Reduced calorie salad dressing	1 lb 5 1/2 oz	2 3/4 cups	5 lb 6 oz	2 qt 3 cups
OR	OR	OR	OR	OR
Lowfat mayonnaise	1 lb 5 1/2 oz	2 3/4 cups	5 lb 6 oz	2 qt 3 cups
Catsup	8 1/4 oz	3/4 cup 1 Tbsp	2 lb 1 oz	3 1/4 cups
Sweet pickle relish, undrained	2 1/4 oz	1/4 cup	9 oz	1 cup
Dehydrated onions		1 1/2 tsp	1/4 oz	2 Tbsp
Fresh large eggs, hard-cooked, finely chopped (optional)		2 each		8 each
Pimientos, chopped (optional)		2 Tbsp	4 oz	1/2 cup

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	61	
Total Fat	3.66 g	
Protein	0.26 g	
Carbohydrates	7.02 g	
Dietary Fiber	0.3 g	
Saturated Fat	0.59 g	
Sodium	271 mg	

Directions

1. Combine salad dressing or mayonnaise and catsup. Blend well.
2. Add pickle relish, onions, chopped eggs (optional), and pimientos (optional). Mix well.
3. Cover. Refrigerate until service. For best results, refrigerate over night to develop flavor.
4. Stir or shake well before using.

Notes

A new nutrient analysis will be coming. Updated July 2014. Restandarization in progress.

Three Bean Salad

Makes: 50 or 100 Servings

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Canned low-sodium kidney beans, chilled, drained	1 lb 2 oz	1 1/2 cups 1 Tbsp (1/4 No. 10 can)	2 lb 4 oz	3 cups 2 Tbsp (1/2 No. 10 can)
Canned low-sodium wax beans, chilled, drained	15 oz	2 3/4 cups (1/4 No. 10 can)	1 lb 14 oz	1 qt 1 1/2 cups (1/2 No. 10 can)
Canned low-sodium canned cut green beans, chilled, drained	2 lb 5 1/2 oz	1 qt 3 1/2 cups (2/3 No. 10 can)	4 lb 11 oz	1 gal (1 1/4 No. 10 cans)
*Fresh white or red onions, chopped	3 oz	1/2 cup	6 oz	1 cup
*Fresh green peppers, chilled, chipped (optional)	6 1/2 oz	1 1/4 cups	13 oz	2 1/2 cups
Vegetable oil		2/3 cup		1 1/3 cups
White vinegar		2/3 cup		1 1/3 cups
Sugar	2 1/4 oz	1/3 cup	4 1/2 oz	2/3 cup
Dried basil		1 Tbsp		2 Tbsp
Ground black or white pepper		1 tsp		2 tsp
Granulated garlic		1 tsp		2 tsp

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	47	
Total Fat	2.99 g	
Protein	0.93 g	
Carbohydrates	4.56 g	
Dietary Fiber	1 g	
Saturated Fat	0.42 g	
Sodium	110 mg	

Meal Components

Vegetables	
Other	1/4 cup

Directions

1. Rinse kidney beans in cold water and drain well.
2. Combine kidney beans, wax beans, green beans, onions, and green peppers (optional).
3. Combine vegetable oil, vinegar, sugar, basil, pepper, and granulated garlic. Mix until well blended.
4. Pour dressing over beans. Toss lightly to combine and coat evenly. Spread 5 lb 12 1/2 oz (approximately 3 qt 1 cup) into each shallow pan (12" x 20" x 2 1/2") to a product depth of 2" or less. For 50 servings, use 1 pan. For 100

servings, use 2 pans.

5. CCP: Cool to 41° F or lower within 4 hours. Refrigerate until ready to serve.

6. Mix lightly before serving. Portion with No. 16 scoop (¼ cup).

Notes

Comments:

*See Marketing Guide.

A new nutrient analysis will be coming.

Updated July 2014. Restandardization in progress.

Toasted Cheese Sandwich

Makes: 50 or 100 Servings

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Margarine or butter, melted	6 oz	3/4 cup	12 oz	1 1/2 cups
*Enriched bread (0.9 oz per slice)	5 lb 10 oz	100 slices	11 lb 4 oz	200 slices
Cheese blend of American and skim milk cheeses, sliced	6 lb 4 oz	100 slices (1 oz each)	12 lb 8 oz	200 slices (1 oz each)

Directions

1. Brush approximately ½ oz (1 Tbsp) margarine or butter on each sheet pan (18" x 26" x 1"). For 50 servings, use 3 pans. For 100 servings, use 5 pans. Reserve the remaining margarine or butter for step 5
2. Place 20 slices of bread on each sheet pan, 4 across and 5 down. For 50 servings, one pan will have only 10 slices.
3. Top each slice of bread with 2 slices (2 oz) of cheese.
4. Cover with remaining bread slices.
5. Brush tops of sandwiches with remaining margarine or butter, approximately 1 ½ oz (3 Tbsp) per pan.
6. Bake until lightly browned: Conventional oven: 400° F for 15-20 minutes Convection oven: 350° F for 10-15 minutes DO NOT OVERBAKE CCP: Heat to 140° F or higher.
7. CCP: Hold for hot service at 135° F or higher. If desired, cut each sandwich diagonally in half.

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	314	
Total Fat	12.78 g	
Protein	18.62 g	
Carbohydrates	31.79 g	
Dietary Fiber	1.3 g	
Saturated Fat	7.01 g	
Sodium	820 mg	

Meal Components

Grains	1 3/4 ounces
Meat / Meat Alternate	2 ounces

Notes

Comments:

*See Marketing Guide.

Toasted Turkey Ham and Cheese Sandwich

Makes: 50 or 100 Servings

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Margarine or butter, melted	6 oz	3/4 cup	12 oz	1 1/2 cups
*Whole grain-rich bread (0.9 oz per slice)	5 lb 10 oz	100 slices	11 lb 4 oz	200 slices
Cheese blend of American and skim milk cheeses, sliced	3 lb 2 oz	50 slices (1 oz each)	6 lb 4 oz	100 slices (1 oz each)
Cooked turkey ham, sliced (15% water added)	5 lb 8 oz	50 slices (1 3/4 oz each)	11 lb	100 slices (1 3/4 oz each)

Directions

1. Brush approximately ½ oz (1 Tbsp) margarine or butter on each sheet pan (18" x 26" x 1"). For 50 servings, use 3 pans. For 100 servings, use 5 pans. Reserve the remaining margarine or butter for step 5.
2. Place 20 slices of bread on each sheet pan, 4 across and 5 down. For 50 servings, one pan will have only 10 slices.
3. Top each slice of bread with 1 slice (1 oz) of cheese and 1 slice (1 ¾ oz) of turkey ham.
4. Cover with remaining bread slices.
5. Brush tops of sandwiches with remaining margarine or butter, approximately 1 ½ oz (3 Tbsp) per pan.
6. Bake until lightly browned: Conventional oven: 400° F for 15-20 minutes Convection oven: 350° F for 10-15 minutes DO NOT OVERBAKE. CCP: Heat to 135° F or higher.

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	303	
Total Fat	10.78 g	
Protein	19.76 g	
Carbohydrates	31.34 g	
Dietary Fiber	1.3 g	
Saturated Fat	4.61 g	
Sodium	1198 mg	

Meal Components

Grains	1 3/4 ounces
Meat / Meat Alternate	2 ounces

7. CCP: Hold for hot service at 135° F or higher. If desired, cut each sandwich diagonally in half.

Notes

Comments:

*See Marketing Guide

Tomato Sauce (Meatless)

Makes: 1 Quart or 1 Gallon

1 Quart

1 Gallon

Ingredients	Weight	Measure	Weight	Measure
Vegetable oil		2 1/4 tsp		3 Tbsp
*Fresh onions, chopped	3 1/2 oz	1/2 cup 1 Tbsp	13 1/2 oz	2 1/4 cups
OR Dehydrated onions		OR 1/4 cup 1 Tbsp	OR 2 1/2 oz	OR 1 1/4 cups
Canned low-sodium tomato paste	9 1/4 oz	1 cup	2 lb 5 oz	1 qt (1/3 No. 10 can)
Canned low-sodium diced tomatoes, with juice	1 lb 9 1/2 oz	3 cups 1 Tbsp (1/4 No. 10 can)	6 lb 6 oz	3 qt 1/4 cup (1 No. 10 can)
Water		1/2 cup		2 cups
Ground black or white pepper		1/8 tsp		1/2 tsp
Dried parsley		1 Tbsp		1/4 cup
Granulated garlic		2 1/4 tsp		1 Tbsp
Dried basil		1/4 tsp		1 tsp
Dried oregano		1/4 tsp		1 tsp
Dried marjoram		1/8 tsp		3/4 tsp
Dried thyme		pinch		1/4 tsp

Nutrition Information

Meal Components

Vegetables

_ Red & Orange 1/8 cup

Directions

1. Heat oil. Add onions and cook approximately 5 minutes.
2. Add tomato paste, canned tomatoes, water, pepper, parsley, granulated garlic, and seasonings. Mix well and bring to boil. Reduce heat and simmer, uncovered, 25-30 minutes. CCP: Heat to 140° F or higher.
3. CCP: Hold for hot service at 135° F or higher. Serve over Meat Loaf (see D-27), Meat Balls (see D- 27A), or Salisbury Steak (see D-33).

Notes

Comments:

*See Marketing Guide.

†Italian Seasoning Mix (see G-01, Sauces, Gravies, and Seasoning Mixes) may be used to replace these ingredients. For 1 quart tomato sauce (meatless), use $\frac{3}{4}$ tsp Italian Seasoning Mix; for 1 gallon tomato sauce (meatless), use 1 Tbsp Italian Seasoning Mix.

Updated July 2014. Restandarization in progress. A new nutrient analysis will be coming.

Tuna and Noodles

Makes: 50 or 100 Servings

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Water		2 gal		4 gal
Whole grain-rich noodles	2 lb 8 oz	1 gal 3 1/2 qt	5 lb	3 gal 3 qt
Margarine or butter	8 oz	1 cup	1 lb	2 cups
*Fresh celery, chopped	1 lb	3 3/4 cups	2 lb	1 qt 3 1/2 cups
*Fresh onions, chopped	14 oz	2 1/3 cups	1 lb 12 oz	1 qt 2/3 cup
OR	OR	OR	OR	OR
Dehydrated onions	2 1/2 oz	1 1/4 cups	5 oz	2 1/2 cups
Enriched all-purpose flour	8 oz	1 3/4 cups 2 Tbsp	1 lb	3 3/4 cups
Instant nonfat dry milk, reconstituted, hot		1 gal		2 gal
Chicken stock, non-MSG, hot		1 gal		2 gal
Ground black or white pepper		1 1/2 tsp		1 Tbsp
Dried parsley		1/2 cup		1 cup
Salt		1 tsp		2 tsp
Canned chunk style, water packed tuna, drained and flaked	6 lb 6 oz	1 gal 3 cups (2 66 1/2-oz cans)	12 lb 12 oz	2 gal 1 1/2 qt (4 66 1/2-oz cans)
Frozen lemon juice concentrate, reconstituted		2/3 cup		1 1/3 cups

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	282	
Total Fat	5.8 g	
Protein	23.18 g	
Carbohydrates	33.15 g	
Dietary Fiber	1.5 g	
Saturated Fat	1.26 g	
Sodium	391 mg	

Meal Components

Grains	3/4 ounce
Meat / Meat Alternate	2 ounces

Directions

1. Heat water to rolling boil.
2. Slowly add noodles. Stir constantly, until water boils again. Cook for 6 minutes. Drain well. DO NOT OVERCOOK. Reserve for step 6.
3. Melt margarine or butter. Add celery and onions. Cook

over medium heat for 5-6 minutes.

4. Add flour and stir until smooth.

5. Add milk, chicken stock, pepper, parsley, and salt.
Cook over medium heat, stirring occasionally until thickened, 8-10 minutes.

6. Add cooked noodles, tuna, and lemon juice, Stir gently to combine. Cook over medium heat for 6-8 minutes. CCP: Heat to 165° F or higher for at least 15 seconds.

7. Pour into medium half-steamtable pans (10" x 12" x 4"). For 50 servings, use 3 pans. For 100 servings, use 6 pans. Hold for 30 minutes on a 180-190° F to allow sufficient time for mixture to set up properly.

8. CCP: Hold for hot service at 135° F or higher. Portion with 8 oz ladle (1 cup).

Notes

Comments:

*See Marketing Guide.

Tuna Salad Sandwich

Makes: 50 or 100 Servings

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Canned chunk style, water packed tuna, chilled	8 lb 5 oz	1 gal 2 qt (2 66 1/2 oz cans)	16 lb 10 oz	3 gal (4 66 1/2 oz cans)
*Fresh onions, chopped	1 lb	2 2/3 cups	2 lb	1 qt 1 1/3 cups
*Fresh celery, chilled, chopped	2 lb	1 qt 3 1/2 cups	4 lb	3 qt 3 cups
Sweet pickle relish, undrained	8 3/4 oz	1 cup	1 lb 1 1/2 oz	2 cups
Dry mustard		1 1/2 tsp		1 Tbsp
Fresh large eggs, hard cooked, peeled, chilled, chopped (optional)		8 each		16 each
Reduced calorie salad dressing	2 lb 11 oz	1 qt 1 1/2 cups	5 lb 6 oz	2 qt 3 cups
OR	OR	OR	OR	OR
Lowfat mayonnaise	2 lb 11 oz	1 qt 1 1/2 cups	5 lb 6 oz	2 qt 3 cups
*Whole grain-rich bread (0.9 oz per slice)	5 lb 10 oz	100 slices	11 lb 4 oz	200 slices

Nutrition Information

Meal Components

Vegetables

_ Other 1/8 cup

Grains 1 3/4 ounces

Meat / Meat Alternate 2 1/2 ounces

Directions

1. Drain and flake tuna.
2. Combine tuna, onions, celery, pickle relish, dry mustard, eggs (optional), and salad dressing or mayonnaise. Mix lightly until well blended.
3. CCP: Cool to 41° F or lower within 4 hours. Cover and refrigerate until ready to use.
4. Portion with No. 8 scoop (½ cup) on 1 slice of bread. Top with second slice of bread. Cut each sandwich diagonally in half. Cover. Refrigerate until service.

Notes

Comments:

*See Marketing Guide.

A new nutrient analysis will be coming.

Updated July 2014. Restandardization in progress.

Turkey and Dressing Supreme

Makes: 50 or 100 Servings

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Soft, whole-grain bread cubes	3 lb 2 oz	2 gal 1 qt	6 lb 4 oz	4 gal 2 qt
Poultry seasoning		2 tsp		1 Tbsp 1 tsp
Ground black or white pepper		2 tsp		1 Tbsp 1 tsp
Dried thyme (optional)		2 Tbsp		1/4 cup
*Fresh onions, chopped	8 oz	1 1/3 cups	1 lb	2 2/3 cups
OR	OR	OR	OR	OR
Dehydrated onions	1 1/2 oz	3/4 cup	3 oz	1 1/2 cups
Margarine or butter, melted	12 oz	1 1/2 cups	1 lb 8 oz	3 cups
Chicken stock, non-MSG		2 qt		1 gal
*Cooked turkey, chopped	6 lb 4 oz	1 gal 1 qt	12 lb 8 oz	2 gal 2 qt
Margarine or butter	6 oz	3/4 cup	12 oz	1 1/2 cups
Enriched all-purpose flour	7 oz	1 1/2 cups 2 Tbsp	14 oz	3 1/4 cups
Salt		2 tsp		1 Tbsp 1 tsp
Chicken stock, non-MSG, hot		3 qt		1 gal 2 qt

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	271	
Total Fat	12.63 g	
Protein	19.79 g	
Carbohydrates	18.31 g	
Dietary Fiber	0.8 g	
Saturated Fat	2.92 g	
Sodium	441 mg	

Meal Components

Grains	1 ounce
Meat / Meat Alternate	2 ounces

Directions

1. Lightly coat steamtable pans (12" x 20" x 2 1/2") with pan release spray. For 50 servings, use 2 pans. For 100 servings, use 4 pans
2. For dressing: Combine bread cubes, poultry seasoning, pepper, thyme, onions, and margarine or butter in a bowl. Mix lightly until well blended.
3. Add stock to bread mixture. Mix gently until dressing is

moist.

4. Spread 4 lb (1 gal 1 $\frac{3}{4}$ qt) of dressing evenly into each steamtable pan.
5. Cover each pan of dressing with 3 lb 2 oz (2 $\frac{1}{2}$ qt) cooked, chopped turkey.
6. For gravy: Melt margarine or butter. Blend in flour and salt. Stir frequently until mixture is light brown, 5 minutes.
7. Gradually add stock to flour mixture. Stir to blend well. Cook until thickened, 8-10 minutes.
8. Pour 1 qt 1 $\frac{3}{4}$ cups gravy over each pan of turkey and dressing.
9. Bake: Conventional oven: 350° F for 30 minutes. Convection oven: 325° F for 30 minutes. CCP: Heat to 165° F or higher for at least 15 seconds.
10. CCP: Hold for hot service at 135° F or higher. Cut each pan 5 x 5 (25 portions per pan). If desired, serve with extra gravy.

Notes

Comments:

*See Marketing Guide.

Tuscan Smoked Turkey and Bean Soup

Prep time: 30 minutes

Cook time: 50 minutes

Makes: 6 Servings

This hearty soup will surely tantalize taste buds with tender smoked turkey chunks, Navy beans, and a colorful array of veggies, all simmered in a deliciously seasoned broth.

Ingredients

- 1/3 cup** Fresh onions, peeled, diced 1/2"
- 1/3 cup** Fresh celery, diced
- 1/3 cup** Fresh carrots, peeled, diced
- 1 1/2 cups** Fresh kale, no stems, chopped
- 2 1/4 teaspoons** Canned low-sodium tomato paste
- 1 tablespoon** Fresh garlic, minced
- 4 1/4 cups** Low-sodium chicken stock
- 1 3/4 cups** Canned low-sodium Navy beans, drained, rinsed
- 1/2 teaspoon** salt
- 2 dashes** ground black pepper
- 5 ounces** Smoked turkey breast, 1/4" pieces (5 oz)
- 2 teaspoons** Fresh thyme, chopped
- 2/3 tablespoon** Fresh basil, chopped
- 2/3 tablespoon** Fresh parsley, chopped

Directions

1. Place onions, celery, carrots, kale, tomato paste, and garlic in a large pot coated with nonstick cooking spray. Cook over medium-high heat. Stir frequently. Cook until vegetables are softened and onions are translucent.
2. Add chicken stock, beans, salt, and pepper.



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	135	
Total Fat	3 g	
Protein	15 g	
Carbohydrates	14 g	
Dietary Fiber	4 g	
Saturated Fat	0.67 g	
Sodium	525 mg	

MyPlate Food Groups

Vegetables	1/4 cup
Protein Foods	1 1/2 ounces

3. Reduce temperature to low heat. Cover and simmer for 20 minutes. Stir occasionally.

4. Add turkey, thyme, basil, and parsley. Stir well. Simmer a minimum of 10 minutes.

Serve hot.

Notes

Our Story

Asheville, North Carolina is known for its heritage, arts, and fine dining. Ira B. Jones Elementary School in Asheville shares a taste of another well-known region of fine dining—Tuscany—as its recipe team prepared Tuscan Smoked Turkey and Bean Soup. The team worked together to develop the recipe, and a number of students tasted and evaluated the recipe before it was submitted.

The team's hard work paid off! The recipe features Navy beans, which are actually white in color, but got their popular name because they were a staple food of the U.S. Navy in the early 20th century. Tuscan Smoked Turkey and Bean Soup is sure to tease and please the senses and warm the toes! Delizioso!!

School Team Members

School Nutrition Professional: Susan Bowers

Chef: Denny Trantham (Executive Chef, The Grove Park Inn, Resort and Spa)

Community Members: Tara Jardine (Volunteer Coordinator and Representative, AmeriCorps) and Sarah Cain (Principal)

Student: Nichelle B.

1 cup provides:

Legume as Meat Alternate: 1 ½ oz equivalent meat/meat alternate, 1/8 cup red/orange vegetable, and 1/8 cup other vegetable.

OR

Legume as Vegetable: ½ oz equivalent meat, ¼ cup legume vegetable, 1/8 cup red/orange vegetable, and 1/8 cup other vegetable.

Legume vegetable can be counted as either a meat alternate or as a legume vegetable but not as both simultaneously.

Recipes for Healthy Kids Cookbook for Homes

Tuscan Smoked Turkey and Bean Soup

Makes: 50 or 100 Servings

This hearty soup will surely tantalize taste buds with tender smoked turkey chunks, Navy beans, and a colorful array of veggies, all simmered in a deliciously seasoned broth.

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
*Fresh onions, diced 1/2"	1 lb	3 cups 2 Tbsp	2 lb	1 qt 2 cups
*Fresh celery, diced	12 oz	2 1/2 cups	1 lb 8 oz	1 qt 1 cup
*Fresh carrots, diced	12 oz	2 1/2 cups	1 lb 8 oz	1 qt 1 cup
*Fresh kale, no stems, coarsely chopped	1 lb	3 qt 1/2 cup	2 lb	1 gal 2 1/4 qt
Canned low-sodium tomato paste	9 oz	1 cup (1/3 No. 2 1/2 can)	1 lb 2 oz	2 cups (2/3 No. 2 1/2 can)
Fresh garlic, minced		1/2 cup		1 cup
Low-sodium chicken stock		2 gal		4 gal
Canned low-sodium Navy beans, drained, rinsed	5 lb 12 oz	3 qt 3 1/2 cups (1 1/2 No. 10 cans)	11 lb 8 oz	1 gal 3 3/4 qt (3 No. 10 cans)
OR	OR	OR	OR	OR
*Dry Navy beans, cooked (See Notes Section)	5 lb 12 oz	3 qt 3 1/2 cups	11 lb 8 oz	1 gal 3 3/4 qt
Salt		1 Tbsp 1 tsp		2 Tbsp 2 tsp
Ground black pepper		1 tsp		2 tsp
Smoked turkey breast, 1/4" pieces	2 lb 12 oz	2 qt	5 lb 8 oz	1 gal
*Fresh parsley, chopped		1/4 cup		1/2 cup
Fresh thyme, finely chopped		1/4 cup		1/2 cup
Fresh basil, finely chopped		1/4 cup		1/2 cup



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	134.55	
Total Fat	2.83 g	
Protein	14.51 g	
Carbohydrates	13.62 g	
Dietary Fiber	3.66 g	
Saturated Fat	0.67 g	
Sodium	524.69 mg	

Meal Components

Vegetables

_ Red & Orange	1/8 cup
_ Other	1/8 cup

Meat / Meat Alternate 1 1/2 ounces

Directions

1. Place onions, celery, carrots, kale, tomato paste, and garlic in a large stockpot. Sweat vegetable mixture over medium-high heat. Stir frequently. Cook until vegetables are softened and onions are translucent.
2. Add stock, beans, salt, and pepper.
3. Reduce temperature to low heat. Cover and simmer for 20 minutes. Stir occasionally.
4. Add turkey, parsley, thyme, and basil. Stir well. Simmer a minimum of 10 minutes. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
5. Critical Control Point: Hold for hot service at 135 °F or higher.
6. Portion with 8 fl oz ladle (1 cup).

Notes

Our Story

Asheville, North Carolina is known for its heritage, arts, and fine dining. Ira B. Jones Elementary School in Asheville shares a taste of another well-known region of fine dining—Tuscany—as its recipe team prepared Tuscan Smoked Turkey and Bean Soup. The team worked together to develop the recipe, and a number of students tasted and evaluated the recipe before it was submitted. The team's hard work paid off! The recipe features Navy beans, which are actually white in color, but got their popular name because they were a staple food of the U.S. Navy in the early 20th century. Tuscan Smoked Turkey and Bean Soup is sure to tease and please the senses and warm the toes! Delizioso!!

Ira B. Jones Elementary School

Asheville, NC

School Team Members

School Nutrition Professional: Susan Bowers

Chef: Denny Trantham (Executive Chef, The Grove Park Inn, Resort and Spa)

Community Members: Tara Jardine (Volunteer Coordinator and Representative, AmeriCorps) and Sarah Cain (Principal)

Student: Nichelle B.

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available

Special tip for preparing dry beans:

SOAKING BEANS

OVERNIGHT METHOD: Add 1 $\frac{3}{4}$ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with cooking the beans.

QUICK-SOAK METHOD: Boil 1 $\frac{3}{4}$ qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with cooking the beans.

COOKING BEANS

Once the beans have been soaked, add 1 $\frac{3}{4}$ qt water for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours.

Use hot beans immediately.

Critical Control Point: Hold for hot service at 135 °F or higher.

OR

Chill for later use.

Critical Control Point: Cool to 70 °F within 2 hours and to 40 °F or lower within an additional 4 hours.

1 lb dry Navy beans = about 2 $\frac{1}{4}$ cups dry or 5 $\frac{7}{8}$ cups cooked beans.

1 cup (8 fl oz ladle) provides:

Legume as Meat Alternate: 1 $\frac{1}{2}$ oz equivalent meat/meat alternate, $\frac{1}{8}$ cup red/orange vegetable, and $\frac{1}{8}$ cup other vegetable.

OR

Legume as Vegetable: $\frac{1}{2}$ oz equivalent meat, $\frac{1}{4}$ cup legume vegetable, $\frac{1}{8}$ cup red/orange vegetable, and $\frac{1}{8}$ cup other vegetable.

Legume vegetable can be counted as either a meat alternate or as a legume vegetable but not as both simultaneously.

Vegetable Chili

Makes: 50 or 100 Servings

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Vegetable oil		1/4 cup		1/2 cup
*Fresh onions, chopped	1 lb 4 oz	3 1/3 cups	2 lb 8 oz	1 qt 2 2/3 cups
OR	OR	OR	OR	OR
Dehydrated onions	3 3/4 oz	1 1/2 cups 2 Tbsp	7 1/2 oz	3 3/4 cups
*Fresh green peppers, chopped	10 oz	1 3/4 cups 2 Tbsp	1 lb 4 oz	3 3/4 cups
OR	OR	OR	OR	OR
Frozen green peppers, chopped	1 lb 1 oz	3 cups	2 lb 2 oz	1 qt 2 cups
Chili powder	3 oz	3/4 cup	6 oz	1 1/2 cups
Ground cumin	1 oz	1/4 cup	2 oz	1/2 cup
Granulated garlic		1 Tbsp 1 tsp		2 Tbsp 2 tsp
Onion powder		2 tsp		1 Tbsp 1 tsp
Red hot sauce (optional)		1/4 cup		1/2 cup
Brown sugar, packed	4 oz	1/2 cup	8 oz	1 cup
Canned low-sodium crushed tomatoes with juice	6 lb 6 oz	3 qt (1 No. 10 can)	12 lb 12 oz	1 gal 2 qt (2 No. 10 cans)
Canned low-sodium diced tomatoes, with juice	1 lb 2 1/2 oz	2 cups 2 Tbsp (1 No. 2 1/2 can)	2 lb 5 oz	1 qt 1/4 cup (2 No. 2 1/2 cans)
Canned low-sodium kidney beans, drained, rinsed	5 lb 9 oz	3 qt 1 1/2 cups (1 1/4 No. 10 cans)	11 lb 2 oz	1 gal 2 3/4 qt (2 1/2 No. 10 cans)
No. 3 bulgur	1 lb	3 cups	2 lb	1 qt 2 cups
Water		1/2 cup		1 cup
Lowfat plain yogurt	2 lb	1 qt	4 lb	2 qt
Reduced fat cheddar cheese, shredded	3 lb 2 oz	3 qt 1/2 cup	6 lb	1 gal 2 1/4 qt

Nutrition Information

Meal Components

Vegetables

Red & Orange 1/4 cup

Grains 1/4 ounce

Meat / Meat Alternate 2 ounces

Directions

1. Heat the oil in a steam-jacketed kettle.
2. Add the onions and sauté 3 minutes, until translucent.
3. Add the green peppers and sauté 2 minutes, until tender.
4. Add the chili powder, cumin, granulated garlic, onion powder, hot sauce (optional), brown sugar, and tomatoes. Simmer 15 minutes, uncovered.
5. Add the kidney beans, bulgur, and water. Simmer 15 minutes, uncovered.
6. Add yogurt and stir to blend. Pour into medium half-steamtable pans (10" x 12" x 4"). For 50 servings, use 2 pans. For 100 servings, use 4 pans. CCP: Heat to 140° F or higher for at least 15 seconds.
7. CCP: Hold for hot service at 135° F or higher. Portion with 6 oz ladle ($\frac{3}{4}$ cup).
8. Sprinkle $\frac{1}{4}$ cup of Cheddar cheese on top of each portion when served.

Notes

Comments:

*See Marketing Guide.

Serving Information:

$\frac{3}{4}$ cup (6 oz ladle) provides:

Legume as Meat Alternate: 2 oz equivalent meat alternate, $\frac{1}{4}$ cup red/orange vegetable, and $\frac{1}{4}$ oz equivalent grains.

OR

Legume as Vegetable: 1 oz equivalent meat alternate, $\frac{1}{8}$ cup legume vegetable, $\frac{1}{4}$ cup red/orange vegetable, $\frac{1}{8}$ cup other vegetable, and $\frac{1}{4}$ oz equivalent grains.

Legume vegetable can be counted as either a meat alternate or as a legume vegetable but not as both simultaneously.

Special Tip:

This dish can be used as a filling in Tacos (D-13), Taco

Salad (E-10), or Burritos (D-12).

A new nutrient analysis will be coming. Updated July 2014. Restandarization in progress.

Vegetable Chili Boat

Rating: ★★☆☆

Prep time: 20 minutes

Cook time: 25 minutes

Makes: 6 Servings

This warm and wonderful vegetarian chili will light up your palate with three flavorful beans mixed together with vegetables and spices, surrounded by crunchy corn tortilla chips, and sprinkled with a blend of cheeses.

Ingredients

2 1/2 teaspoons canola oil
1/2 cup Fresh onion, peeled, diced
1/2 cup Fresh green bell pepper, seeded, diced
1/2 cup Canned low-sodium pinto beans, drained, rinsed
1/2 cup Canned low-sodium kidney beans, drained, rinsed
1 cup Canned low-sodium black beans, drained, rinsed
1 1/2 tablespoons chili powder
1 1/3 cups Canned low-sodium diced tomatoes
1 cup Low-sodium chicken stock
1 dash hot sauce
1/4 cup Canned low-sodium tomato paste
18 Low-sodium tortilla chips (about 3 oz)
1/4 cup reduced-fat cheddar cheese, shredded (1 oz)
1/4 cup Low-fat mozzarella cheese, low moisture, part skim, shredded (1 oz)

Directions

1. Heat canola oil in a large pot over medium-high heat. Add onions and green peppers. Cook for 2-3 minutes or until tender. Add beans and stir to coat. Add chili powder. Stir. Cook for 1 minute for flavors to blend.
2. Add tomatoes, chicken stock, and hot sauce. Bring to a boil. Simmer uncovered for 10 minutes. Add tomato paste and mix well. Cook uncovered for an additional 10 minutes. Bring to a rolling boil for at least 15



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	141	
Total Fat	4 g	
Protein	7 g	
Carbohydrates	21 g	
Dietary Fiber	5 g	
Saturated Fat	1.3 g	
Sodium	159 mg	

MyPlate Food Groups

Vegetables	1/2 cup
Grains	1/2 ounce
Protein Foods	1 ounce

seconds. Reduce heat to low and simmer to keep warm.

3. Combine cheddar and mozzarella cheeses (the cheese is a garnish).
4. Place $\frac{3}{4}$ cup chili in a bowl. Top with 3 chips and sprinkle with about 1 tablespoon of cheese blend. Serve hot.

Notes

Our Story

Cedar Cliff High School is committed to preparing students to be responsible adults. The school seized the competition as an opportunity to involve students, parents, and community members in a real-life challenge of creating a nutritious recipe kids enjoy.

The recipe team, which included a chef, a student team member, and the school nutrition professional, created the Vegetable Chili Boat recipe. It was selected by over 250 students, and survey results indicated the majority of the students would purchase it again. This recipe packs a punch with southwest flavor! It is a delight to the eye and a fiesta for the mouth!

Cedar Cliff High School

Camp Hill, Pennsylvania

School Team Members

School Nutrition Professional: Todd Stoltz

Chef: Thomas Long, CEC AAC (Executive Chef, Sodexo at Holy Spirit Hospital)

Community Member: Jaci Scott (Family and Consumer Science Teacher)

Student: Tessa L.

$\frac{3}{4}$ cup provides:

Legume as Meat Alternate: 1 oz equivalent meat alternate, $\frac{1}{4}$ cup red/orange vegetable, and $\frac{1}{4}$ cup oz equivalent grains.

OR

Legume as Vegetable: $\frac{1}{4}$ oz meat alternate, $\frac{1}{8}$ cup legume vegetable, $\frac{1}{4}$ cup red/orange vegetable, $\frac{1}{8}$ cup other vegetable, and $\frac{1}{4}$ oz equivalent grains.

Legume vegetable can be counted as either a meat alternate or as a legume vegetable but not as both simultaneously.

Recipes for Healthy Kids Cookbook for Homes

Vegetable Chili Boat

Makes: 50 or 100 Servings

This warm and wonderful vegetarian chili will light up your palate with three flavorful beans mixed together with vegetables and spices, surrounded by crunchy corn tortilla chips, and sprinkled with a blend of cheeses.

[50 Servings](#)

[100 Servings](#)

Ingredients	Weight	Measure	Weight	Measure
Canola oil		1/3 cup 2 tsp		3/4 cup
*Fresh onions, diced	1 lb 6 1/2 oz	1 qt 2/3 cup	2 lb 13 oz	2 qt 1 1/3 cups
*Fresh green bell peppers, diced	1 lb 1/2 oz	3 cups	2 lb 1 oz	1 qt 2 cups
Canned low-sodium pinto beans, drained, rinsed	1 lb 5 oz	3 cups (1/2 No. 10 can)	2 lb 10 oz	1 qt 2 cups (1 1/8 No. 10 cans)
OR	OR	OR	OR	OR
*Dry pinto beans, cooked (See Notes Section)	1 lb 5 oz	3 cups	2 lb 10 oz	1 qt 2 cups
Canned low-sodium kidney beans, drained, rinsed	1 lb 5 1/2 oz	3 1/3 cups (1/2 No. 10 can)	2 lb 11 oz	1 qt 2 2/3 cups (1 1/8 No. 10 cans)
OR	OR	OR	OR	OR
*Dry kidney beans, cooked (See Notes Section)	1 lb 5 1/2 oz	3 1/3 cups	2 lb 11 oz	1 qt 2 2/3 cups
Canned low-sodium black beans, drained, rinsed	2 lb 6 oz	1 qt 1/2 cup (2/3 No. 10 can)	4 lb 12 oz	2 qt 1 cup (1 1/3 No. 10 cans)
OR	OR	OR	OR	OR
*Dry black beans, cooked (See Notes Section)	2 lb 6 oz	1 qt 1/2 cup	4 lb 12 oz	2 qt 1 cup
Chili powder	5 oz	3/4 cup	10 oz	1 1/2 cups
Canned low-sodium diced tomatoes	2 lb 11 oz	1 qt 1 cup (1/2 No. 10 can)	5 lb 6 oz	2 qt 2 cups (1 No. 10 can)
Low-sodium chicken stock		2 qt 2/3 cup		1 gal 1 1/3 cups



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	141.07	
Total Fat	4.2 g	
Protein	7.26 g	
Carbohydrates	20.72 g	
Dietary Fiber	5.04 g	
Saturated Fat	1.16 g	
Sodium	159.49 mg	

Meal Components

Vegetables	
_ Red & Orange	1/4 cup
_ Other	1/8 cup
Grains	1/4 ounce
Meat / Meat Alternate	3/4 ounce

				tsp
Canned low-sodium tomato paste	1 lb 2 oz	2 cups (2/3 No. 2 1/2 can)	2 lb 4 oz	1 qt (1/3 No. 10 can)
Reduced-fat Cheddar cheese, shredded	7 oz	2 cups	14 oz	1 qt
Low-fat mozzarella cheese, low-moisture, part-skim, shredded	7 oz	2 cups	14 oz	1 qt
Low-sodium tortilla chips	1 lb 2 oz	124 chips	2 lb 4 oz	248 chips

Directions

1. Heat oil in a roasting pan/square head pan (20 7/8"x 17 3/8" x 7") on top of stove.
2. Sauté onions and green peppers for 2-4 minutes. Add beans and chili powder. Stir well. Cook for 1-2 minutes.
3. Add diced tomatoes, stock, and hot sauce. Bring to a boil over medium-high heat. Reduce heat. Simmer uncovered for 10 minutes.
4. Add tomato paste and mix well. Cook for an additional 10 minutes. Critical Control Point: Heat to 135 °F or higher for at least 15 seconds.
5. Pour into serving pans
6. Critical Control Point: Hold for hot service at 135 ° F or higher.
7. Combine cheddar and mozzarella cheeses.
8. Portion with 6 fl oz ladle (¾ cup) into an 8 oz paper boat or bowl. Garnish with 2-3 chips and 1 tablespoon cheese blend.

Notes

Our Story

Cedar Cliff High School is committed to preparing students to be responsible adults. The school seized the competition as an opportunity to involve students, parents, and community members in a real-life challenge of

creating a nutritious recipe kids enjoy.

The recipe team, which included a chef, a student team member, and the school nutrition professional, created the Vegetable Chili Boat recipe. It was selected by over 250 students, and survey results indicated the majority of the students would purchase it again. This recipe packs a punch with southwest flavor! It is a delight to the eye and a fiesta for the mouth!

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Community Member: Jaci Scott (Family and Consumer Science Teacher)

Student: Tessa L.

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

Special tip for preparing dry beans:

SOAKING BEANS

OVERNIGHT METHOD: Add 1 $\frac{3}{4}$ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.

QUICK-SOAK METHOD: Boil 1 $\frac{3}{4}$ qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with recipe.

COOKING BEANS

Once the beans have been soaked, add 1 $\frac{3}{4}$ qt water for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours. Use hot beans immediately.

Critical Control Point: Hold for hot service at 135 °F or higher.

OR

Chill for later use.

Critical Control Point: Cool to 70 °F within 2 hours and to 40 °F or lower within an additional 4 hours.

1 lb dry pinto beans = about 2 $\frac{3}{8}$ cups dry or 5 $\frac{1}{4}$ cups

cooked beans.

1 lb dry kidney beans = about 2 ½ cups dry or 6 ¼ cups cooked beans.

1 lb dry black beans = about 2 ¼ cups dry or 4 ½ cups cooked beans.

¾ cup (6 fl oz ladle) provides:

Legume as Meat Alternate: ¾ oz equivalent meat alternate, ¼ cup red/orange vegetable, ⅛ cup other vegetable, and ¼ oz equivalent grains.

OR

Legume as Vegetable: ¼ oz equivalent meat alternate, ⅛ cup legume vegetable, ¼ cup red/orange vegetable, ⅛ cup other vegetable, and ¼ oz equivalent grains.

Legume vegetable can be counted as either a meat alternate or as a legume vegetable but not as both simultaneously.

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Vegetable Lasagna

Makes: 50 or 100 Servings

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Water, boiling		4 gal 2 qt		9 gal
Salt		3 Tbsp		1/4 cup 2 Tbsp
Whole grain-rich lasagna noodles, uncooked (at least 0.78 oz each)	2 lb 12 oz	56 each	5 lb 8 oz	112 each
Vegetable oil		1/4 cup		1/2 cup
*Fresh zucchini, sliced	1 lb	1 qt	2 lb	2 qt
*Fresh mushrooms, sliced	12 oz	1 qt 1 cup	1 lb 8 oz	2 qt 1 3/4 cups
OR	OR	OR	OR	OR
Canned sliced mushrooms, drained	15 oz	3 8-oz cans	1 lb 14 oz	6 8-oz cans
*Fresh onions, chopped	9 oz	1 1/2 cups	1 lb 2 oz	3 cups
OR	OR	OR	OR	OR
Dehydrated onions	1 3/4 oz	1/2 cup	3 oz	1 cup
Whole wheat/enriched blend flour	2 oz	1/2 cup	4 oz	1 cup
Frozen chopped broccoli	2 lb 8 oz	1 qt 2 cups	5 lb	3 qt
Canned low-sodium tomato sauce	8 lb 4 oz	1 gal (1 1/4 No. 10 cans)	16 lb 8 oz	2 gal (2 1/2 No. 10 cans)
Canned low-sodium tomato paste	1 lb 9 oz	2 3/4 cups	3 lb 2 oz	1 qt 1 1/2 cups
Dried oregano		1/4 cup 2 Tbsp		3/4 cup
Granulated garlic		1 3/4 tsp		1 Tbsp 1/2 tsp
Reduced fat cottage cheese, drained	8 lb	1 gal	16 lb	2 gal
Dried parsley		1/4 cup		1/2 cup
Granulated garlic		2 tsp		1 Tbsp 1 tsp
Whole grain-rich dry bread crumbs	8 oz	2 cups 2 Tbsp	1 lb	1 qt 1/4 cup

Nutrition Information

Meal Components

Vegetables

- _ Red & Orange 1/2 cup
- _ Other 1/4 cup

Grains 1 ounce

Meat / Meat Alternate 2 ounces

Lite mozzarella cheese, shredded	1 lb 14 oz	1 qt 3 1/2 cups	3 lb 12 oz	3 qt 3 cups
Grated parmesan cheese	4 oz	1 1/2 cups	8 oz	3 cups

Directions

1. Add salt to boiling water.
2. Slowly add lasagna noodles and return to boil. Cook for 10-12 minutes, until tender. Drain.
3. In a pan , heat vegetable oil. Add zucchini, mushrooms, and onions. Sauté for 3 minutes, until tender. Stir in flour and cook for 3 minutes. Remove from heat and set aside.
4. Place broccoli in steamtable pan (12" x 20" x 2 ½"). Steam for 6 minutes, or until tender. Drain well and set aside.
5. In a steam-jacketed kettle, heat the tomato sauce and tomato paste. Add the oregano and granulated garlic. Simmer, uncovered, for 30 minutes.
6. Add sautéed vegetables and steamed broccoli to tomato sauce. Stir to combine. Simmer for 10 minutes.
7. In a large bowl, combine cottage cheese, parsley, granulated garlic, and bread crumbs. Mix well.
8. Combine Parmesan cheese and mozzarella cheese.
9. Spread 1 cup of vegetable sauce on the bottom of each steamtable pan (12" x 20" x 2 ½") to prevent sticking. For 50 servings, use 2 pans. For 100 servings, use 4 pans. Assembly: First layer: a. 9? lasagna noodles, b. 1qt ½ cup cottage cheese mixture, c. 1qt vegetable sauce, d. 2 cups 1 Tbsp Parmesan-mozzarella cheese mixture; Second layer: Repeat first layer; Third layer: e. 9? lasagna noodles, f. 2½ cup vegetable sauce
10. Sprinkle 2 oz of Parmesan cheese over each pan of lasagna. Cover with foil. Bake: Conventional oven: 375° F for 50 minutes Convection oven: 350° F for 40 minutes CCP: Heat to 165° F or higher for 15 seconds.
11. Remove from oven and allow to set for 15 minutes before serving. CCP: Hold for hot service at 135° F or higher. Cut each pan 5 x 5 (25 portions per pan).

Notes

Comments:

*See Marketing Guide.

A new nutrient analysis will be coming. Updated July 2014. Restandarization in progress.

Vegetable Pizza

Makes: 50 or 100 Servings

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Pizza dough in pans (18" x 26" x 1"		2 1/2 sheet pans		5 sheet pans
*Fresh onions, chopped	12 oz	2 cups 2 Tbsp	1 lb 8 oz	1 qt 1/4 cup
OR	OR	OR	OR	OR
Dehydrated onions	2 1/4 oz	1 cup 2 Tbsp	4 1/2 oz	2 1/4 cups
Dried basil		3 Tbsp		1/4 cup 2 Tbsp
Dried oregano		3 Tbsp		1/4 cup 2 Tbsp
Dried marjoram		2 Tbsp 1 1/2 tsp		1/4 cup 1 Tbsp
Dried thyme		1 1/2 tsp		1 Tbsp
Granulated garlic		2 1/2 tsp		1 Tbsp 2 tsp
Ground black or white pepper		1 tsp		2 tsp
Canned low-sodium tomato paste	1 lb 12 oz	3 cups 2 Tbsp (1/4 No. 10 can)	3 lb 8 oz	1 qt 2 1/4 cups (1/2 No. 10 can)
Water		1 qt 3 cups		3 qt 2 cups
*Fresh tomatoes, diced	1 lb 8 oz	3 1/4 cups 2 Tbsp	3 lb	1 qt 2 3/4 cups
*Fresh green peppers, chopped	1 lb	3 cups 2 Tbsp	2 lb	1 qt 2 1/4 cups
*Fresh broccoli, chopped	8 oz	2 1/2 cups 2 Tbsp	1 lb	1 qt 1 1/4 cups
*Fresh mushrooms, sliced	9 1/2 oz	1 1/4 cups	1 lb 3 oz	2 1/2 cups
*Fresh onions, chopped	12 oz	2 cups	1 lb 8 oz	1 qt
*Fresh yellow squash, sliced	1 lb 4 oz	1 qt 1 cup	2 lb 8 oz	2 qt 2 cups
*Fresh zucchini, sliced	14 oz	3 cups	1 lb 12 oz	1 qt 2 cups
Lite mozzarella cheese, shredded	4 lb 3 1/2 oz	1 gal 7/8 cup	8 lb 7 oz	2 gal 1 3/4 cups

Nutrition Information

Meal Components

Vegetables

_ Red & Orange 1/4 cup

_ Other 1/4 cup

Grains 2 ounces

Meat / Meat Alternate 1 1/4 ounces

Directions

1. For pizza dough, use Pizza Crust recipe (see B-14) or Pourable Pizza Crust recipe (see B-15).
2. Combine onions, seasonings, granulated garlic, pepper, tomato paste, water, and tomatoes. Simmer for 15 minutes. Reserve for step 4.
3. Combine raw mixed vegetables and reserve for step 4.
4. Layer each pizza as follows:[1] Sheet pan: 1st layer-9oz (2¼ cups) shredded cheese, 2nd layer-2lb 12oz (1qt 1½ cups) tomato mixture, 3rd layer-9oz (2¼ cups) shredded cheese, 4th layer-1lb 15¾ oz(3½ cups) vegetables, 5th layer-9oz (2¼ cups) shredded cheese [2] Half-sheet pan: 1st layer-4½oz (1 cup 2 Tbsp) shredded cheese 2nd layer-1lb 6oz (2¾ cup) tomato mixture 3rd layer-4½oz (1 cup 2 Tbsp) shredded cheese 4th layer-15 ¾oz (1¾ cups) vegetables 5th layer-4½oz (1 cup 2 Tbsp) shredded cheese
5. Bake: Conventional oven: 450° F for 20-25 minutes
Convection oven: 350° F for 25 minutes
6. Remove from oven. Let stand for 10 minutes before cutting.
7. CCP: Hold at 135° F or higher. Cut each sheet pan 4 x 5 (20 pieces per pan). Cut each half-sheet pan 2 x 5 (10 pieces per pan).

Notes

Comments:

*See Marketing Guide.

†Italian Seasoning Mix (see G-01, Sauces, Gravies, and Seasonings Mixes) may be used to replace these ingredients. For 50 servings, use ½ cup 1 Tbsp Italian Seasoning Mix. For 100 servings, use 1 cup 2 Tbsp Italian Seasoning Mix.

A new nutrient analysis will be coming. Updated July 2014. Restandardization in progress.

Vegetable Quesadilla

Makes: 50 or 100 servings

Ingredients	50 Servings		100 Servings	
	Weight	Measure	Weight	Measure
Whole grain-rich tortilla, 6" soft (at least 0.9 oz)		50 each		100 each
*Fresh green peppers, chopped	1 lb 4 oz	3 3/4 cups 2 Tbsp	2 lb 8 oz	1 qt 3 3/4 cups
*Fresh onions, chopped	15 oz	2 1/2 cups	1 lb 14 oz	1 qt 1 cup
Canned black beans, drained	1 lb 15 oz	1 qt 3 cups (1/2 No. 10 can)	3 lb 14 oz	3 qt 2 cups (1 No. 10 can)
Canned corn, liquid packed whole kernel, drained	2 lb 1 oz	2 qt 3 cups (1/2 No. 10 can)	4 lb 2 oz	1 gal 1 1/2 qt (1 No. 10 can)
*Fresh tomatoes, diced	15 oz	2 3/4 cups	1 lb 14 oz	1 qt 1 1/2 cups
Chili powder		2 Tbsp		1/4 cup
Ground cumin		2 Tbsp		1/4 cup
Onion powder		1 Tbsp 1 tsp		2 Tbsp 2 tsp
Paprika		1 Tbsp 1 tsp		2 Tbsp 2 tsp
Reduced fat Monterey Jack cheese, shredded	1 lb 9 oz	1 qt 2 1/4 cups	3 lb 2 oz	3 qt 1/2 cup
Reduced fat cheddar cheese, shredded	1 lb 9 oz	1 qt 2 1/4 cups	3 lb 2 oz	3 qt 1/2 cup

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	249	
Total Fat	8.22 g	
Protein	12.74 g	
Carbohydrates	25.77 g	
Dietary Fiber	2.7 g	
Saturated Fat	4.23 g	
Sodium	459 mg	

Meal Components

Vegetables	1/8 cup
Grains	1 ounce
Meat / Meat Alternate	1 1/4 ounces

Directions

- For 50 servings, line 3 sheet pans (18" x 26" x 1") with parchment paper. Place 8-9 tortillas side by side on each pan (use a total of 25 tortillas). For 100 servings, line 5 sheet pans (18" x 26" x 1") with parchment paper. Place 10 tortillas side by side on each pan (use a total of 50 tortillas). Reserve for step 5.
- Combine peppers, onions, black beans, and corn. Heat

on medium heat for 5 minutes.

3. Add tomatoes to vegetable mixture and drain excess liquid.
4. Add chili powder, cumin, onion powder, and paprika to vegetable mixture.
5. Sprinkle each tortilla with $\frac{1}{4}$ cup of Monterey Jack cheese.
6. Spoon 1 cup 1 Tbsp vegetable mixture on to each tortilla.
7. Sprinkle each tortilla with $\frac{1}{4}$ cup Cheddar cheese.
8. Place remaining tortillas on top, pressing down gently. Spray tortillas with pan release spray to aid browning.
9. Bake until tops are golden brown: Conventional oven: 400° F for 10 minutes Convection oven: 375° F for 7 minutes
10. Allow quesadilla to stand for 5 minutes.
11. Cut each quesadilla in half and serve. One portion is $\frac{1}{2}$ quesadilla.

Notes

Comments:

*See Marketing Guide.

Vegetable Soup

Makes: 50 or 100 Servings

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Chicken or beef stock, non-MSG		2 gal		4 gal
Canned low-sodium diced tomatoes, with juice	6 lb 6 oz	3 qt 1/2 cup (1 No. 10 can)	12 lb 12 oz	1 gal 2 1/4 qt (2 No. 10 cans)
*Fresh celery, chopped	10 oz	2 1/2 cups	1 lb 4 oz	1 qt 1 cup
*Fresh onions, chopped	1 lb	2 2/3 cups	2 lb	1 qt 1 1/3 cups
OR	OR	OR	OR	OR
Dehydrated onions	3 oz	1 1/2 cups	6 oz	3 cups
Ground black or white pepper		1 tsp		2 tsp
Dried parsley		1/4 cup		1/2 cup
Granulated garlic		2 Tbsp		1/4 cup
Canned low-sodium added liquid pack whole-kernel corn, drained	1 lb 2 1/2 oz	2 3/4 cups (1/4 No. 10 can)	2 lb 5 oz	1 qt 1 1/2 cups (1/2 No. 10 can)
OR	OR	OR	OR	OR
Frozen whole-kernel corn	1 lb 2 oz	3 cups 2 Tbsp	2 lb 4 oz	1 qt 2 1/4 cups
Canned low-sodium diced carrots, drained	1 lb 2 oz	2 1/2 cups (1/4 No. 10 can)	2 lb 4 oz	1 qt 1 cup (1/2 No. 10 can)
OR	OR	OR	OR	OR
Frozen sliced carrots	1 lb 6 oz	1 qt 3/4 cup	2 lb 12 oz	2 qt 1 1/2 cups
Canned low-sodium cut green beans, drained	15 oz	3 1/2 cups (1/4 No. 10 can)	1 lb 14 oz	1 qt 3 cups
OR	OR	OR	OR	OR
Frozen cut green beans	15 oz	3 1/2 cups	1 lb 14 oz	1 qt 3 cups
Canned low-sodium canned green peas, drained	1 lb 1 1/2 oz	2 1/2 cups (1/4 No. 10 can)	2 lb 3 oz	1 qt 1 cup (1/2 No. 10 can)
OR	OR	OR	OR	OR
Frozen green peas	1 lb 4 oz	1 qt	2 lb 8 oz	2 qt

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	58	
Total Fat	0.63 g	
Protein	3.24 g	
Carbohydrates	11.52 g	
Dietary Fiber	1.8 g	
Saturated Fat	0.12 g	
Sodium	369 mg	

Meal Components

Vegetables	1/8 cup
_ Red & Orange	1/4 cup
_ Other	1/8 cup

Directions

1. Combine stock, tomatoes, celery, onions, pepper, parsley, and granulated garlic. Bring to boil.
2. Reduce heat and cover. Simmer for 20 minutes.
3. Add corn, carrots, green beans, and green peas. (Frozen vegetables may be combined with canned vegetables.)
4. Cover and simmer for 15 minutes, or until vegetables are tender. CCP: Heat to 165° F or higher for at least 15 seconds.
5. Pour 9 lb 1 ¼ oz (1 gal ? cup) into medium steamtable pan (12" x 20" x 4"). For 50 servings, use 3 pans. For 100 servings, use 6 pans.
6. Pour 9 lb 1 ¼ oz (1 gal ? cup) into medium steamtable pan (12" x 20" x 4"). For 50 servings, use 3 pans. For 100 servings, use 6 pans.
7. CCP: Hold for hot service at 135° F or higher. Portion with 8 oz ladle (1 cup).

Notes

Comments:

*See Marketing Guide.

A new nutrient analysis will be coming. Updated July 2014. Restandardization in progress.

Vegetable Stromboli

Makes: 50 or 100 Servings

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Active dry yeast (see Special Tip)		2 Tbsp 1 1/2 tsp	2 oz	1/4 cup 1 Tbsp
Water, warm (110° F)		3 cups		1 qt 2 cups
Whole wheat/enriched blend flour	2 lb 10 oz	2 qt 2 cups	5 lb 4 oz	1 gal 1 qt
Vegetable oil		1/4 cup		1/2 cup
Salt		1 tsp		2 tsp
Sugar		2 Tbsp	2 oz	1/4 cup
Dried basil		2 Tbsp 1/4 tsp		1/4 cup 1/2 tsp
Dried oregano		1 Tbsp 2 tsp		3 Tbsp 1 tsp
Dried marjoram		1 1/2 tsp		1 Tbsp
Dried thyme		1/4 tsp		1/2 tsp
*Fresh green or red bell peppers, chopped	1 lb 4 oz	3 3/4 cups 2 Tbsp	2 lb 8 oz	1 qt 3 3/4 cups
*Fresh carrots, shredded	7 1/2 oz	1 1/2 cups	15 oz	3 cups
*Fresh mushrooms, sliced	7 1/2 oz	3/4 cup 3 Tbsp	15 oz	1 3/4 cups 2 Tbsp
*Fresh red onions, chopped	6 1/4 oz	1 cup 1 Tbsp	12 1/2 oz	2 cups 2 Tbsp
*Fresh yellow squash, sliced	12 1/2 oz	3 cups 2 Tbsp	1 lb 9 oz	1 qt 2 1/4 cups
*Fresh zucchini, sliced	1 lb 1/4 oz	3 1/2 cups	2 lb 1/2 oz	1 qt 3 cups
*Fresh tomatoes, chopped	1 lb 5 1/4 oz	3/4 cup 3 Tbsp	2 lb 10 1/2 oz	1 3/4 cups 2 Tbsp
Lite mozzarella cheese, shredded	1 lb 9 oz	1 qt 2 1/4 cups	3 lb 2 oz	3 qt 1/2 cup

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	145	
Total Fat	3.01 g	
Protein	7.09 g	
Carbohydrates	22.28 g	
Dietary Fiber	1.6 g	
Saturated Fat	1.19 g	
Sodium	126 mg	

Meal Components

Vegetables	
Other	1/8 cup
Grains	1 3/4 ounces
Meat / Meat Alternate	2 1/2 ounces

Directions

1. For best results, have all ingredients and utensils at room temperature.

2. Dissolve dry yeast in warm water. Let stand for 4-5 minutes.
3. Place flour in mixer bowl. Make well in the center.
4. Pour dissolved yeast, oil, salt, and sugar into well in flour. Gradually work into the flour using dough hook on low speed. Continue with dough hook. Knead for 15 minutes on medium speed.
5. Divide and shape dough. For 50 servings, shape into 1 ball (14 oz) and 2 balls (1 lb 12 oz each). For 100 servings, shape into 5 balls (1 lb 12 oz each). Let rest for 20 minutes.
6. Combine basil, oregano, marjoram, and thyme in small bowl. Reserve for step 9.
7. Mix peppers, carrots, mushrooms, onions, yellow squash, and zucchini into steamtable pan (12" x 20" x 2 ½"). For 50 servings, use 1 pan. For 100 servings, use 2 pans. Steam vegetable mixture for 3 minutes.
8. Add tomatoes to vegetables and mix. Reserve for step 9.
9. On lightly floured surface, roll out dough. Roll each 1 lb 12 oz ball into a rectangle 24" x 16". Roll each 14 oz ball into a rectangle 24" x 8".
10. Layer ingredients lengthwise along the center, leaving 6" across the top and bottom for folding. For 24" x 16" rectangle use: 1st layer-5 oz cheese 2nd layer-1 Tbsp ½ tsp seasonings 3rd layer-1 lb 2 oz vegetable mixture
For 24" x 8" rectangle use: 1st layer-2 ½ oz cheese 2nd layer-1 ¾ tsp seasonings 3rd layer-9 oz vegetable mixture
11. Fold top third of dough over chesse and vegetable mixture. Place another layer of cheese, seasoning, and vegetable on top of folded dough as follows: For 24" x 16" rectangle use: 1st layer-5 oz cheese 2nd layer-1 Tbsp ½ tsp seasonings 3rd layer-1 lb 2 oz vegetable mixture For 24" x 8" rectangle use: 1st layer-2 ½ oz cheese 2nd layer-1 ¾ tsp seasoning 3rd layer-9 oz vegetable mixture
12. Fold bottom third of dough over the second layer of cheese and vegetable. Pinch to seal end and top seams. (If desired, brush seams with egg wash)

- 13.** Place rolled dough on sheet pans (18" x 26" x 1") which have been lightly coated with pan release spray. For 50 servings, use 2 pans. For 100 servings, use 3 pans.
- 14.** Allow rolled stromboli to rise for 30 minutes.
- 15.** Allow rolled stromboli to rise for 30 minutes.
- 16.** Bake until crust is lightly browned: Conventional oven: 400° F for 30-35 minutes Convection oven: 350° F for 25-30 minutes
- 17.** Remove from oven. Let stand for 15 minutes before cutting.
- 18.** Cut each full stromboli lengthwise down the middle and crosswise 10 times (20 pieces). Cut each half stromboli lengthwise down the middle and crosswise 5 times (10 pieces).
- 19.** CCP: Hold for hot service at 135° F or higher.

Notes

Comments:

*See Marketing Guide.

Special Tip:

To use high-activity (instant) yeast, follow manufacturer's instructions.

Vegetable Wraps

Makes: 50 or 100 Servings

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Whole grain-rich flour tortilla, 12" soft (at least 1.8 oz)		50 each		100 each
Ranch dressing (E-19)	50 oz	1 qt 2 1/4 cups	100 oz	3 qt 1/2 cup
*Leaf lettuce	13 oz	1 qt 2 3/4 cups	1 lb 10 oz	3 qt 1 1/2 cups
*Raw green peppers, chopped	1 lb 10 oz	1 qt 3/4 cup	3 lb 4 oz	2 qt 1 1/2 cups
*Raw onions, chopped	1 lb 13 oz	1 qt 1 cup	3 lb 10 oz	2 qt 2 cups
*Raw carrots, peeled and sliced	1 lb 5 oz	1 qt 1 cup	2 lb 10 oz	2 qt 2 cups
*Raw cucumbers, peeled and diced	1 lb 9 oz	1 qt 1 cup	3 lb 2 oz	2 qt 2 cups
Reduced fat cheddar cheese, shredded	3 lb 2 oz	3 qt 1/2 cup	6 lb 4 oz	1 gal 2 1/4 qt

Directions

1. Steam tortillas for 3 minutes until warm. OR Place in warmer to prevent torn tortillas when folding.
2. For ranch dressing use Ranch Dressing recipe (see E-19). Spread 2 Tbsp ranch dressing down the center of each tortilla.
3. Place about 1/4 oz lettuce on top of ranch dressing.
4. Combine raw vegetables: green peppers, onions, carrots, and cucumbers. Portion 2 oz vegetable mix with a No. 10 scoop (? cup) on top of lettuce leaf and dressing.
5. Sprinkle 1 oz (1/4 cup) cheese on top of vegetables.
6. Fold the top and bottom of the tortilla into the center. Beginning at either side, roll the tortilla until all the contents

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	299	
Total Fat	10.8 g	
Protein	13.8 g	
Carbohydrates	36.52 g	
Dietary Fiber	2.9 g	
Saturated Fat	4.72 g	
Sodium	636 mg	

Meal Components

Vegetables	
Other	3/8 cup
Grains	1 3/4 ounces
Meat / Meat Alternate	1 ounce

cannot be seen.

7. Cut diagonally in half.

Notes

*See Marketing Guide

Veggie Rice Pilaf

Prep time: 40 minutes

Cook time: 30 minutes

Makes: 6 servings

Ingredients

1/4 cup carrot, chopped
1/3 cup celery, chopped
1/4 cup green pepper, chopped
1/2 cup onion, chopped
2 cups chicken or vegetable broth
1 tablespoon margarine
1 cup rice
1/4 teaspoon black pepper

Directions

1. Preheat oven to 350 degrees.
2. Wash carrots, celery and green peppers. Discard inedible portions, and chop edible portions.
3. Cut onion in half and remove ends. Peel and chop one half of the onion.
4. Bring broth to a boil in saucepan.
5. Combine boiling broth and margarine in 1-quart casserole dish, and stir until melted.
6. Stir in rice, chopped vegetables, and black pepper.
7. Cover and bake at 350 degrees F for 35 minutes or until rice is tender and liquid is absorbed.
8. Remove from oven and let stand, covered, for 5 minutes. Fluff with fork, and serve.
9. Enjoy!

Notes

Serving Size: 3/4 cup

Verry Veggie Pizza

Prep time: 30 minutes

Cook time: 15 minutes

Makes: 6 Servings

Ingredients

- 1 1/4 cups** Non Fat Yogurt
- 4 teaspoons** All Purpose Herb Seasoning
- 1 cup** Black Beans, Soaked, Drained
- 1 crust** WG-16" Pre-Made Pizza Crust
- 4 cups** Mozzarella cheese, low-fat, shredded
- 2 cups** carrots, shredded
- 3/4 cup** Cucumber, Chopped
- 8 tablespoons** red bell pepper, chopped
- 1 cup** broccoli, chopped



Directions

1. In a bowl, blend the yogurt and herb seasoning. Set aside.
2. In another bowl, smash the black beans, then stir into the yogurt mixture. Set aside.
3. Place the whole grain pizza dough on a parchment paper covered 18"x26" baking sheet. Bake for 15 minutes in a 375 degree F oven until crust is golden brown, cool the crust.
4. Spread 2 1/4 cups of the yogurt/bean mixture on the crust.
5. Evenly distribute the cheese and all vegetables toppings.
6. Cut into 6 slices and serve.

Notes

Serving Size: 1 slice

Waldorf Fruit Salad

Makes: 50 or 100 Servings

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
*Fresh apples, cored, unpeeled, chilled, diced	2 lb 2 oz	2 qt 1 cup	4 lb 4 oz	1 gal 2 cups
Frozen lemon juice concentrate, reconstituted		1/4 cup		1/2 cup
Canned mixed fruit, chilled, drained	3 lb 4 oz	1 qt 3 cups (3/4 No. 10 can)	6 lb 8 oz	3 qt 2 cups (1 1/2 No. 10 cans)
*Fresh celery, chilled, chopped (optional)	7 1/2 oz	1 3/4 cups 2 Tbsp	15 oz	3 3/4 cups
Raisins (optional)	10 oz	2 cups	1 lb 4 oz	1 qt
Reduced calorie salad dressing	6 oz	3/4 cup	12 oz	1 1/2 cups
OR	OR	OR	OR	OR
Lowfat mayonnaise	6 oz	3/4 cup	12 oz	1 1/2 cups
Ground nutmeg (optional)		1/2 tsp		1 tsp
Chopped walnuts	8 1/2 oz	2 cups	1 lb 1 oz	1 qt

Directions

1. Sprinkle apples with lemon juice to prevent discoloration.
2. Combine apples, mixed fruit, celery (optional), raisins (optional), salad dressing or mayonnaise, and nutmeg (optional). Mix lightly to combine. Spread 6 lb 14 oz (approximately 1 gal) into each shallow pan (12" x 20" x 2 1/2") to a product depth of 2" or less. For 50 servings, use 1 pan. For 100 servings, use 2 pans.
3. CCP: Cool to 41° F or lower within 4 hours. Cover. Refrigerate until service.
4. Add nuts before service. Toss lightly. For best results, use same day.

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	70	
Total Fat	3.9 g	
Protein	0.94 g	
Carbohydrates	9.08 g	
Dietary Fiber	1.3 g	
Saturated Fat	0.42 g	
Sodium	32 mg	

Meal Components

Fruits	1/4 cup
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5. Portion with No. 12 scoop (½ cup).

Notes

Comments:

*See Marketing Guide.

Whole Wheat Sugar Cookies

Makes: 50 or 100 Servings

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Margarine or butter	12 oz	1 ½ cups	1 lb 8 oz	3 cups
Sugar	1 lb 8 oz	3 cups	3 lb	1 qt 2 cups
Frozen whole eggs, thawed	6 oz	¾ cup	12 oz	1 ½ cups
OR Fresh large eggs (see Special Tip)		OR 4 each		OR 7 each
Vanilla		1 Tbsp		2 Tbsp
Lowfat 1% milk		¾ cup		¾ cup
Whole wheat flour	1 lb 13 oz	1 qt 2 cups	3 lb 10 oz	3 qt
baking powder		1 Tbsp		2 Tbsp
Baking soda		1 ½ tsp		1 Tbsp
Salt		1 ½ tsp		1 Tbsp
Ground nutmeg		1 tsp		2 tsp
Ground cinnamon		1 tsp		2 tsp
Sugar	4 oz	1/2 cup	8 oz	1 cup
Ground cinnamon		2 tsp		1 Tbsp 1 tsp

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	173	
Total Fat	6.17 g	
Protein	2.81 g	
Carbohydrates	28.22 g	
Dietary Fiber	2.1 g	
Saturated Fat	1.29 g	
Sodium	207 mg	

Meal Components

Grains	1 ounce
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Directions

1. Cream margarine or butter and sugar in mixer with paddle attachment on medium speed for 10 minutes.
2. Add eggs, vanilla, and milk. Mix for 1 minute on low speed or until smooth. Scrape down sides of bowl.
3. In a separate bowl, combine flour, baking powder, baking soda, salt, nutmeg, and cinnamon. Gradually add to the creamed mixture and mix for 1 minute on low speed until blended.
4. Lightly coat each sheet pan (18" x 26" x 1") with pan

release spray or line with parchment paper. Portion with a No. 30 scoop (2 Tbsp) in rows of 4 across and 5 down. For 50 servings, use 3 pans, 1 pan will only have 10 cookies. For 100 servings, use 4 pans

5. Combine sugar and cinnamon and sprinkle over cookies.

6. Bake until light brown in conventional oven at 375°F for 12 minutes or convection oven at 350°F for 6 minutes.

Notes

Special Tips:

- For 50 servings, use 2 oz (? cup) dried whole eggs and ? cup water in place of eggs.
- For 100 servings, use 3 ½ oz (1 cup 3 Tbsp) dried whole eggs and 1 cup 3 Tbsp water in place of eggs.
- For a lighter texture, substitute enriched all-purpose flour for half of the whole wheat flour.